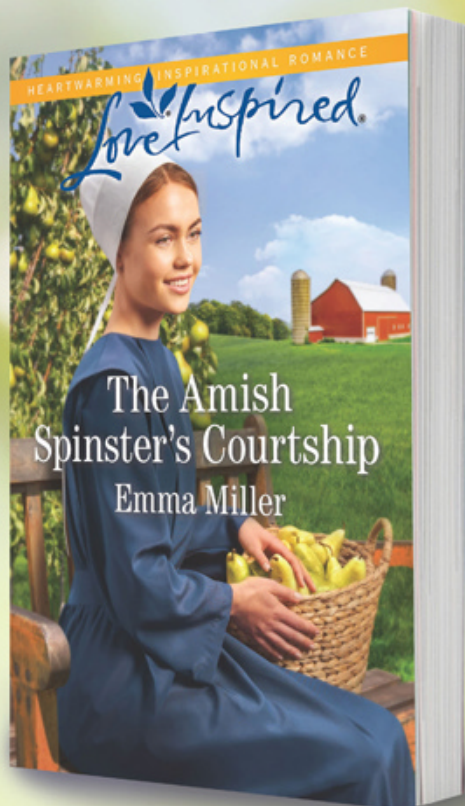


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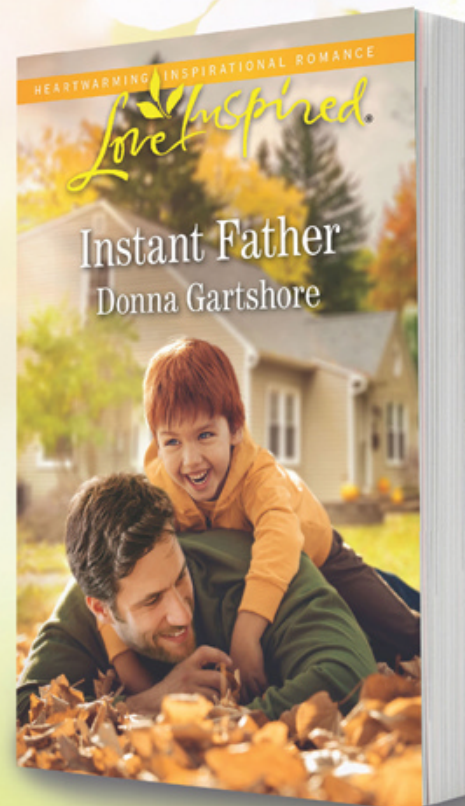
**The Amish
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by Emma Miller

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- ✓ Allergies
- ✓ Joint pain
- ✓ Hot flashes
- ✓ Irritability
- ✓ Heartburn
- ✓ Dark circles

NEWS! 5-minute cure for change-of-season sadness

YOU, SPRING BEAUTIFUL

- ✓ HAIR: Easy secrets to thicker, stronger, longer
- ✓ SKIN: Kitchen cures that make you look 10+ years younger

KA-CHING! 8 surprising secrets to saving more on EVERYTHING

for women

April 22, 2019



Fast brunch mmm

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It works when keto doesn't!

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Drop 10 pounds in 7 days **26**

Beat stress

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Bliss in every bite

Hot cross yum!

"I'm hosting Easter brunch for my whole family this year, and everyone is looking forward to my famous hot cross buns," shares Charles Grayauskie, FIRST associate food editor. "But if I'm running short on time, I've come up with an easy-bake hack! To do: I start with 1 box (16 oz.) of hot roll mix. I add $\frac{1}{4}$ cup of raisins, 3 Tbs. of sugar and $\frac{1}{2}$ tsp. of cinnamon to the batter, then make the rolls according to box directions. For the crisscross sugar glaze, I mix $\frac{3}{4}$ cup of confectioners' sugar, 2 Tbs. of milk and a dash of vanilla extract. The buns are sweetly spiced and the glaze is ooey-gooey wonderful—they're such crowd-pleasers!"



7 things making us happy

...that we just had to share with you!



Crafting up smiles

Tabletop wow

"My three kids always have a ball decorating Easter eggs—it's one of our favorite holiday traditions," shares Patty Bontekoe, FIRST executive editor. "This year, instead of putting the eggs in a basket, I decided to showcase their full beauty by displaying them in a glass cloche. To do: Gently fill a glass cloche or bowl with dyed eggs and cover the top with the cloche base or a plate. Flip the arrangement over, then set it on the table. For a lovely finish, twist blooms around the knob and secure with floral wire."



Dazzling on a dime

Gorgeous egg posy

"I was looking for a sweet, no-cost way to dress up my patio table, so I snipped a handful of cheery blooms from my yard and created an 'egg garden,'" says Lauren Blum, FIRST assistant editor. "To make: I fill a tray with faux moss, then I crack the top of six eggs, empty yolks, rinse shells and dip in egg dye. When dry, I fill shells with water, pop in blooms and nestle eggs into the moss. Pretty!"



*"Happiness held is the seed;
happiness shared is the flower"*

—John Harrigan

Genius find

Fruity-fresh water infuser

"Whether it's lemon slices or mint sprigs, I love adding fresh flavor to my water," says Melissa D'Agnese, FIRST senior editor. "So I flipped for this fun infuser. I just add cut fruit or herbs into the 'strawberry' and pop it into a water pitcher—easy!" (Tutti Infuser, \$14, AnimiCausa.com)



Book we ♥

Little gardeners

"I'm always searching for creative ways to bond with my 3-year-old niece," admits Carey Ostergard, FIRST executive editor. "So I was thrilled when HGTV star **Joanna Gaines** released a new kids' book called *We Are the Gardeners*. After I bought a copy, my niece and I spent

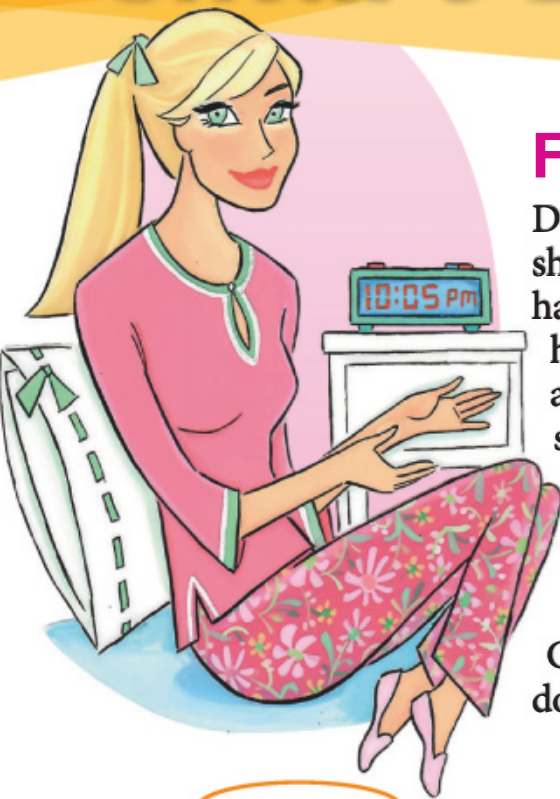
a sunny spring afternoon outside reading the book, which is full of beautiful illustrations, a heart-felt lesson and easy tips. Then we created a tiny herb garden of our own."



Phone-friendly: Snap a pic & share with a friend!

*"An optimist
is the human
personification
of spring"*

—Susan J. Bissonette



Fall asleep fast

Doctor's visit, work presentation, grocery shopping—your to-do list for tomorrow has you feeling overwhelmed, making it hard to wind down at bedtime. To quell anxiety fast, use your left thumb to rub small circles on the outer edge of your inner-right wrist (under your pinkie) for 1 minute; repeat on your opposite wrist. Acupressure experts say stimulating this spot, known as the "Spirit Gate," slows your heart rate to calm you down so you can drift off quickly.

QUICK POLL

How do you refresh second-day hair?

A hectic morning leaves you pressed for time and you need to revive your hair fast but don't have any dry shampoo on hand. FIRST readers to the rescue!

63% ♥ this idea!

Dab facial toner on roots using a cotton ball, says Sharon Thomas. Toner removes excess oil from the scalp.

37% ♥ this idea!

Blot the scalp with tissue paper, says Anna Harris. The thin paper absorbs oil and dirt from hair and the scalp.

MONEY SAVER

Ease pain naturally

Instead of splurging on pricey cream next time you need quick relief from muscle aches, mix 1 Tbs. of coconut oil with 5 drops of lemongrass oil, then rub onto sore spots. The massage releases tension while lemongrass oil boosts blood circulation to quell spasms and aches.

MONEY SAVED: \$10 on pain-relieving muscle rub



SOS for spring allergies

If seasonal blooms leave you with itchy eyes and the sniffles, try mixing up this fruity sipper to quell allergy symptoms: In a high-speed blender, combine 2 apples (cored and sliced), 1 cup of pineapple (fresh or frozen) and 1 cup of water. Apples are rich in quercetin and flavonoids that support the immune system to fight allergies, and pineapple's bromelain eases swelling and improves breathing.

READER TIP

Secret to perfect nails

"I wanted to make my at-home manicure look neat despite my unsteady hands. Luckily, my sister shared her go-to tip for cleaning up polish when it bleeds onto cuticles: Simply dip the end of a bobby pin into nail polish remover, then trace along cuticles to remove excess color. Now my nails look salon-quality!"

—Deb O'Ryan, Seattle

SHOW-HOW

Old spice shelf + hot glue = nonslip nail polish organizer!



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slimmer in seconds

SPRING DRESSES

3 style secrets

Sundress

**Cinch
the waist**



**Highlights
an hourglass**

A flowy drop-waist frock puts emphasis on hips for an overall short, boxy look. But a breezy dress that's belted at the natural waist adds curve-carving definition while creating the illusion of a longer, leaner lower half.

Katie
Holmes

Kim
Raver

SPLASH; GETTY (4); REX/SHUTTERSTOCK. TEXT: LAUREN GATCOMBE

✗ Adds width

A roomy sheath with oversize details like droopy off-the-shoulder sleeves and a fussy ruffle causes the eye to scan horizontally for a body-broadening effect.

Keltie
Knight

Sheath Dress

Opt for structure



Jane Seymour

✓ Looks slim and sleek

The linear, streamlined design of a figure-skimming sheath directs the eye vertically for a more slender silhouette. Bonus: Ruching in the middle smooths over belly bumps.

style

Wrap Dress

Avoid flounce



Molly Ringwald

✓ Subtracts 10 pounds

Satiny fabric, a billowy fit and bulky ruffles create a 3D effect that counteracts the slimming benefits of a wrap dress. The fix: A snug knit showcases curves while vertical details like accordion pleats disguise any jiggles without adding heft.



Kyra Sedgwick

FIRST PICKS

▼ \$30, Xhilaration (Target.com, Women's Short Sleeve Off the Shoulder Button Front Midi Dress)



◀ \$90, Calvin Klein (Amazon.com, Calvin Klein Women's Cap-Sleeve Side-Ruched Sheath Dress in Lipstick)



\$27, R.Vivimos (Amazon.com, R.Vivimos Autumn Long Sleeve V Neck Knitted Slim Knee-Length A-Line Sweater Dress) ▶





The earring trend that wows!

The simple secret to updating your style without breaking the bank? Mix-and-match earrings! Sporting the slightly askew look makes a modern, youthful and confident statement. Plus, the unconventional style puts all eyes on the face, giving features like beautiful eyes, glowing cheeks and a bright smile the spotlight. The best part? No need to run out and buy a new pair—you can simply “design” your own by shopping your jewelry box for pieces that best complement each other. Read on to find the mix that works for you!



Melora Hardin

To lift features...

A “diamond” ear crawler directs the eye up for a face-lift effect, while pairing it with a sparkling stud imparts just enough light-reflecting shine to illuminate skin.



To lengthen the neck...

The linear look of a pearl dangle that hits below the jaw “stretches” the neck. And offsetting it with a simple stud ensures focus remains on the face.

Rosamund Pike



To slim the face...

Oversize shapes help the face look leaner in comparison. Opting for two in a similarly elegant metal, like gold, helps give the “lop-sided” trend a touch of chic asymmetry.

Tracee Ellis Ross

REX/SHUTTERSTOCK; GETTY (2); TEXT: LEANN GAROFALO

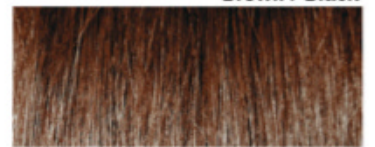


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Erase 10 *naturally*

A powerful way to combat aging *arghs* like wrinkles, redness and dry skin?

Tackle them internally *and* externally with skincare expert-approved recipes that harness the anti-aging benefits of nature's most nourishing, nutrient-rich foods. Simply eat them, slather them on or do both to refresh, rejuvenate and restore winter-worn skin and hair—just in time for spring!

Fade age spots with parsley

This leafy herb lightens, brightens *and* prevents discoloration on the hands, face and chest—perfect for the longer, more sun-filled days

INSIDE OUT

Parsley's vitamin C works internally to increase cell turnover, revealing brighter skin, explains holistic skincare expert Jacqueline Schaffer, M.D., author of *Irresistible You: Smart Solutions for Clear, Radiant, Youthful Skin*.

EAT IT: Chop 1 Tbs. of parsley leaves and sprinkle on top of soups, pastas or salads for fresh flavor.



OUTSIDE IN

The herb is rich in *apiol*, a compound that, when applied to skin, acts like a mild bleaching agent to break down excess melanin (skin's pigment). Plus, antioxidants in parsley protect skin from damaging UV rays to keep new spots from forming.

APPLY IT: Mix 1 tsp. of chopped parsley, 2 tsp. of sour cream (it hydrates) and 1 tsp. of honey (a binder). Dot onto spots and let sit 15 minutes; rinse. Repeat twice a week for results in three weeks.

years

9 superfoods that beautify from the inside and out!

Firm saggy skin with apricots

No need for pricey potions when this fruit reverses aging for less!



INSIDE OUT

Apricots are packed with *linoleic acid*, which, when ingested, helps repair damaged cells and improve skin elasticity. The hydrating acid also restores moisture levels deep within skin, giving saggy areas a tauter appearance.

EAT IT: Bring ¼ cup of honey, 3 Tbs. of water and a pinch of salt to a simmer in a pot. Add 5 pitted, sliced apricots. Remove from heat once fruit is soft and liquid is syrupy. Drip the syrup over yogurt or spread on crackers.

OUTSIDE IN

The fruit's high levels of vitamin A (a common ingredient in OTC anti-aging creams) promote skin-firming collagen and elastin production, says Dr. Schaffer. "It gives droopy skin a nice lift."

APPLY IT: Mix 1 Tbs. of brown sugar (it increases cell turn-over) with 1 tsp. of egg whites (its *albumin* firms) and 2 tsp. of mashed apricots. Massage onto skin and let sit 15 minutes; rinse. Use three times a week for results in one month.

AMBER GRAY: HAIR: ANDREA WILSON/NEXT MANAGEMENT; MAKEUP: AMANDA BECZNER.COM; JUMPFOTO; GETTY (4); TEXT: LAUREN GATCOMBE



Strengthen strands with avocado

Delicious and creamy, the fatty fruit has the power to reverse hair damage caused by overuse of hot tools, environmental factors and age

INSIDE OUT

Avocados are rich in fatty and amino acids, says Dr. Schaffer. "Together, they help strengthen and moisturize strands from within."

EAT IT: Combine half an avocado, ½ tsp. of lemon juice and salt and pepper to taste. Use it as a dip for crudité or spread it on top of a slice of toast.



OUTSIDE IN

The stone fruit's high levels of fat penetrate strands to moisturize and strengthen hair from deep within for a full, shiny and healthy appearance.

APPLY IT: Mash half of an avocado and mix with 2 Tbs. of olive oil (for added hydration). Apply to damp hair from roots to ends and cover with a shower cap; rinse after 15 minutes. Do once a week for results in three weeks.



Erase dark circles with tomatoes

The salad staple leaves eyes looking as if you actually got eight hours of sleep!

INSIDE OUT

“Minerals in tomatoes, like potassium and calcium, along with antioxidants, promote circulation to move the pooled blood that makes dark under-eye circles more apparent,” says skin expert Jacqueline Schaffer, M.D.

EAT IT: Toss together 1 container of grape tomatoes, 4 oz. of cubed mozzarella cheese and ½ cup of torn basil leaves. Top with 1 Tbs. of olive oil and salt and pepper to taste.

OUTSIDE IN

Tomatoes contain the antioxidant *lycopene*, a strong lightening agent that can reduce discoloration under the eyes.



APPLY IT: Purée 1 medium tomato in a blender; strain with a mesh sieve. Saturate 2 cotton rounds in the juice, place on top of eyes and relax for 10 minutes; rinse. Store leftover juice in the fridge for up to a week. Do three times a week for results in three weeks.



Tone a double chin with cucumbers

Refreshing cucumbers nix the fluids that make a double chin look more prominent, so you can put your best neck forward

INSIDE OUT

Magnesium and potassium in cucumbers have a natural detoxifying effect, stimulating the lymph system to flush out any stagnant fluids in the body, including those under the chin.

EAT IT: Cut 2 cucumbers into ½" slices, then top each piece with ½ tsp. of herb whipped cream cheese and a slice of cherry tomato.



OUTSIDE IN

The anti-inflammatory cukes reduce swelling instantly, says dermatologist Joshua Zeichner, M.D. Plus, its vitamins A and C increase collagen production to firm skin so it appears less puffy.

APPLY IT: Purée 1 cucumber; pour into an ice cube tray and freeze. Take the frozen cube and rub it along the jawline for 2 minutes.



Smooth wrinkles with blueberries

These delectable berries work wonders to rid the face of pesky agers, such as forehead furrows, crow's-feet and laugh lines

INSIDE OUT

Thanks to their potent antioxidants, blueberries protect skin cells from free radicals, says Dr. Schaffer. "This helps prevent the breakdown of collagen that causes fine lines and wrinkles to form."

DRINK IT: Pulse 1 cup of frozen blueberries, half of a banana, $\frac{3}{4}$ cup of vanilla yogurt and $1\frac{1}{2}$ cups of milk in a blender. Refrigerate leftovers.



OUTSIDE IN

Blueberries are high in vitamin A (it speeds collagen production and cell turnover) and vitamin E (it hydrates to plump skin), which penetrate deeply into skin's many layers to help diminish the appearance of wrinkles.

APPLY IT: Dip a cotton ball into a blueberry smoothie (recipe at left); sweep a layer onto the face. Let sit 10 minutes, then rinse. Use twice a week for results in two weeks.

Radiant with a "fruity" flush

The fresh spring air inspires us to revive our pasty winter skin with a healthy-looking glow. What better way to do it than with this season's crop of beautiful blushes. Find the hue that's best for you!

Fair skin? Choose watermelon

Baby-pink pigments in watermelon-toned blush offer a pop of soft color against a lighter skin tone. Tip: Opt for a liquid tint. It goes on as a sheer wash of rosy color that won't overwhelm.

FIRST pick: Flower Beauty Blush Bomb Color Drops in Melon, \$10, Ulta.com



Medium skin? Go for peach

The yellow undertones in a peach blush enhance the warmer tones in a medium complexion to bring out its natural glow. Bonus: The golden hue reflects light to "lift" features.

FIRST pick: e.l.f. Baked Blush in Peachy Cheeky, \$3, elfCosmetics.com



Dark skin? Try tangerine

A fiery orange blush is bold enough to stand out against a deeper complexion but subtle enough to impart a natural-looking luminosity. Plus, the pretty orange hue cancels out any sallowness in dark skin for added luster.

FIRST pick: Makeup Geek Blush in Orange, \$20, Target.com



GETTY (6)



Calm rosacea with honey

The sticky sweetener's healing powers take the zing out of painful redness flare-ups—in a flash

INSIDE OUT

Rich in polyphenols, honey strengthens skin's barrier from within, says dermatologist Joshua Zeichner, M.D. "This helps ward off flare-ups."

DRINK IT: Steep 1 chamomile tea bag (its *terpenoids* shrink blood vessels) in 1 cup of boiling water. Add 2 Tbs. of honey.



OUTSIDE IN

"Honey's combination of skin-soothing, hydrating and anti-inflammatory properties calms redness and irritation on contact," says Dr. Zeichner.

APPLY IT: Saturate a washcloth in tea (double the recipe at left); wring out excess. Place the washcloth on the face for results in 10 minutes.

Banish bacne with yogurt

This tasty treat—a clear-skin superstar—helps keep blemishes at bay!

INSIDE OUT

Yogurt is packed with probiotics (aka the good bacteria), explains Dr. Zeichner. "They've been found to reduce the inflammation in the body that can lead to acne."

EAT IT: Drizzle 1 Tbs. of honey over 1 cup of plain Greek yogurt, then sprinkle with cinnamon.



OUTSIDE IN

Yogurt's zinc controls oil production and its lactic acid dissolves dead skin cells, both of which clog pores and cause breakouts.

APPLY IT: Mix 1 tsp. of plain full-fat Greek yogurt, 1 tsp. of honey (a humectant) and ½ tsp. of lemon juice (it brightens). Apply to blemishes and let sit 10 minutes; rinse. Use every other day for clear skin in two weeks.





Restore radiance with strawberries

These juicy gems are potent enough to transform a dull, lackluster complexion into one that's glowing and dewy in no time

INSIDE OUT

When ingested, strawberries' potent mix of vitamin C and *ellagic acid* works to encourage skin cell turn-over, which helps nix the buildup of dry skin cells that cause the complexion to lose its luster.

EAT IT: In a bowl, mash together 1 pint of hulled strawberries and 2 Tbs. of sugar. Add onto anything from a stack of pancakes to a bowl of oatmeal.



OUTSIDE IN

Strawberries work double-duty to enliven skin, says Dr. Zeichner. "Their *alpha hydroxy acids* exfoliate to renew skin's surface while their seeds manually buff off dead cells to reveal luminous skin underneath."

APPLY IT: Take 1 Tbs. of the recipe at left and add 1 tsp. of lemon juice (it brightens). Rub onto damp skin, then rinse. Use twice a week for results in two weeks.

Look even more beautiful with *this* easy updo

A big bun is a chic yet simple way to style your hair for any event, from an Easter dinner to a garden party. Here, three twists on the classic 'do that will transform your look

Slims the face

An oversize, sky-high bun directs attention vertically to visually slim the face and lengthen the neck.

TO DO: Secure hair into a pony at the crown and backcomb the tail, then wrap it around the pony's base. Pin in place, then gently tug on the sides to soften.

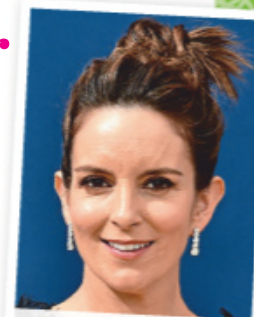


Sandra Oh

Thickens hair

The asymmetry from a half-bun, half-twist creates the illusion of a fuller head of hair.

TO DO: Create a high ponytail at the back of the crown. Next, wrap the tail three-quarters of the way around the pony's base; pin, leaving the ends out. Twist and knot the left-out ends for texture; pin in place.



Tina Fey

Lifts features

Wrapping a bun with a halo-like braid draws focus upward, giving eyes and cheekbones an optical lift.

TO DO: Tease hair at the roots, then secure into a bun at the crown, leaving out a 2" section in back. Braid the left-out strands, then wrap it around the base of the bun; pin.



Debra Messing



Easy keys to thicker hair!

Winter's cold, dry air can do a number on the scalp, leading to slowed growth and increased shedding. Come spring, hair looks thin and flat, adding years to our appearance. To the rescue: simple fixes that restore volume *and* confidence. Find the one that works best for you!

Speed growth

with a minty massage

Cold temperatures can slow blood flow to hair follicles, halting growth. Restart it with a mint and coconut oil scalp rub, says dermatologist Tsippora Shainhouse, M.D. Menthol (and the motion of massaging it in) stimulates circulation to deliver growth-encouraging nutrients to follicles while coconut oil's *lauric acid* reduces any growth-thwarting inflammation.

TO DO: Mix 6 drops of peppermint essential oil with ½ cup of liquefied coconut oil. Massage onto damp scalp; rinse. Do twice a week for results in 30 days.

Stop shedding

with a dry detox shampoo

We tend to wash our hair less in the winter, leaving a buildup of dry skin, oil and product on the scalp that clogs follicles and leads to shedding. But spritzing a charcoal-infused dry shampoo (like Hask Charcoal Purifying Dry Shampoo, Ulta.com) onto dry roots can help. "Charcoal acts like a magnet to pull out the follicle-clogging residue that causes fallout," says Dr. Shainhouse. Plus, starchy agents in dry shampoo prop strands up and off the scalp to mask sparse spots and give the illusion of a fuller head of hair.

Volumize roots

with this style technique

Achieve thicker-looking hair overnight with just a little before-bed prep! First, wash hair using the "reverse rinse" method of conditioning before you shampoo, says celebrity hairstylist Kiyah Wright. "Since conditioner tends to leave a heavy residue behind that weighs down finer strands, applying it first ensures hair gets the hydration it needs, and shampooing after rinses away the residue for a fluffier appearance."

Next, secure slightly damp strands into a high ponytail with a creaseless hair tie (like TeleTies, Amazon.com) before snoozing. This helps lift roots up, drying them into that position while you sleep. Tip: If hair is chin-length or shorter, get similar benefits by slipping on a fabric headband 2" past the hairline, then gently push it forward. In the morning, before taking hair down, set the style by blow-drying roots for volume that lasts all day!

READER POLL

WOULD YOU EVER...GIVE YOUR BUTT A "FACIAL?"

We asked 100 FIRST readers & staffers to weigh in and...

We've seen sheet masks that smooth skin on the face, but one that lifts the tush? That's the promise of Bawdy Beauty Shake It Mask (\$9, BawdyBeauty.com), a sheet mask infused with plant-based collagen and marine algae to "firm, lift and hydrate" the behind. Does it work? And does one size really fit all? **Our verdict:**

We're split!

"It was sort of slimy and difficult to use—plus, I felt silly putting a sheet mask on my tush. And after a few uses, I saw little difference as far as lifting is concerned."

—Patty Bontekoe, *FIRST* executive editor

"The individual cheek 'slices' were a bit small for my behind, but the areas they did cover felt cool and tingly and left the skin super-soft." —Leann Garofolo, *FIRST* assistant editor

**58%
said
no!**





My hairdresser noticed a difference...

"A few years ago, I was under a lot of stress from work. My hair started shedding and thinning, which made me very concerned.

I saw the supplement Hair Volume™ at GNC, and since the reviews were good and the cost was low, I decided to give it a try.

I have taken Hair Volume every day now for two years, and the results are just amazing. My hair seems to have stopped shedding as much and now appears to

grow faster and thicker. I did not tell my hairdresser about Hair Volume, so when she cut my hair, she asked me "Have you done something different? Your hair feels thicker."

Seeing my results, my mother also began taking it. She too is getting great results, and claims it even helped her with gray hairs.

I strongly recommend this great product to everyone! It's a must for any woman that wants her hair to look good. Thank you New Nordic!"

- Rachel H., Oklahoma

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HOW TART CHERRY JUICE HEALS

+ Eases aches and pains

Plant compounds in this sweet sip halt the output of inflammatory enzymes that trigger muscle and joint soreness. In fact, researchers at the University of California at Davis found that subjects who sipped cherry juice daily reduced levels of these enzymes by 25% in two weeks.

+ Releases stubborn fat

A daily dose of tart cherry juice can jump-start slimming. That's because its *anthocyanins* dial down the cellular inflammation that causes the body to store fat. In a University of Michigan study, this effect helped animal subjects on a cherry-rich diet shed 14% of their body weight in three months.

+ Improves sleep

Sipping a drink that includes tart cherry juice before bed can increase time spent sleeping by an average of 84 minutes per night, report Louisiana State University researchers. Credit goes to the fruit's rich stores of melatonin, the hormone that regulates the body's sleep-wake cycle.



cherry delights



Blueberry-Mint Breeze

- 2 sprigs fresh mint
- $\frac{3}{4}$ cup blueberry juice
- 2 Tbs. tart cherry juice
- 1 Tbs. lime juice

In cocktail shaker, muddle mint; add juices. Add 1 cup ice; cover. Shake 30 sec.; strain into glass. Garnish with blueberries and mint, if desired.

Makes 1 serving

Per serving: Cal. 95 Pro. 0g Carb. 23g Fiber 0g Sug. 17g Chol. 0mg Sod. 9mg Total fat: 0g Sat. 0g Trans. 0g

***Bonus!** The hesperidin in lime juice lowers blood pressure*



Rosemary-Citrus Surprise

- 1 sprig rosemary
- 1 Tbs. sugar
- $\frac{1}{4}$ cup orange juice
- 2 Tbs. tart cherry juice
- 1 Tbs. cranberry juice
- Club soda

In cocktail shaker, muddle rosemary, sugar and juices until sugar dissolves. Strain into ice-filled glass. Top with club soda. Garnish with orange and lemon slices, cherries and rosemary, if desired.

Makes 1 serving

Per serving: Cal. 100 Pro. 1g Carb. 25g Fiber 0g Sug. 23g Chol. 0mg Sod. 4mg Total fat: 0g Sat. 0g Trans. 0g

***Bonus!** The folate in orange juice improves outlook by 28%*

Cherry-Coconut Bliss

- 1 cup frozen vanilla yogurt
- $\frac{1}{4}$ cup frozen tart cherries
- $\frac{1}{4}$ cup 2% milk
- 2 Tbs. tart cherry juice
- $\frac{1}{8}$ tsp. coconut extract

In blender, purée all ingredients; pour into glass. Garnish with pitted and halved fresh cherries, if desired.

Makes 1 serving

Per serving: Cal. 267 Pro. 7g Carb. 45g Fiber 1g Sug. 35g Chol. 25mg Sod. 100mg Total fat: 7g Sat. 4g Trans. 0g

***Bonus!** The probiotics in frozen yogurt ease belly bloat by 74%*





Leafy greens reduce the risk of fatty liver disease

Another win for salad: A Swedish study in the *Proceedings of the National Academy of Sciences* found that the nitrate in leafy greens like lettuce, spinach and arugula reduces the amount of fat in the liver by as much as 38%. Fatty liver disease can lead to weight gain, tiredness and brain fog. In their animal study, researchers found that feeding leafy greens to mice on a high-fat Western diet reduced the oxidative stress that causes harmful fat deposits on the liver. The researchers recommend 3 cups daily of fresh, leafy greens.

Secret to easy slimming

Dining out? Ask for the nutrition menu. Dartmouth College researchers revealed that when calorie content was displayed with images of food, dieters found the menu items significantly less appetizing. Scanning participants' brains with an fMRI, investigators discovered that published calorie contents reduced activity in the reward center of the brain while increasing activity in the control center. "Our findings suggest that calorie-labeling may alter responses in the brain's reward system," explains first author Andrea Courtney, Ph.D. Nutritional information acts as a visual cue, reminding dieters of goals and prompting healthier choices.

Fiber prevents brain aging by taming inflammation

Foods rich in soluble fiber—like black beans and sweet potatoes—shield against age-related memory decline, University of Illinois researchers report. Aging causes inflammation in the brain, but when the body digests fiber, it produces a short-chain fatty acid (*butyrate*) that works as an anti-inflammatory. Researchers found that older mice on a high-fiber diet produced 94% more *butyrate* than those on a low-fiber diet. They recommend around 25 grams of fiber daily—the equivalent of a cup of oats, a pear and a cup of carrots.

Intermittent fasting reverses Type 2 diabetes

So reveals a team of doctors in the journal *BMJ Case Reports*. Volunteers taking insulin and diabetes medication fasted three to four days a week, consuming low-calorie drinks and one small meal on fasting days. Within five to 30 days, all were able to stop insulin injections, and 67% no longer needed any diabetes medication. Researchers credit fasting with reducing blood-glucose levels and helping subjects lose weight.



This "bad" oil is actually good!

When volunteers on a high-fat diet incorporated cottonseed oil—typically considered unhealthy—into daily meals, they significantly raised their "good" HDL cholesterol, reduced their "bad" LDL cholesterol and decreased harmful triglycerides in as little as five days, according to researchers at the University of Georgia. Those results proved better than using olive oil. Researchers credit a unique type of fatty acid found in cottonseed oil (*dihydrosterculic*), which they suspect blocks triglyceride buildup and prods the body to burn fat. Try sautéing chicken with cottonseed oil or subbing it for canola oil in baked goods.

76%

How many Americans prefer to eat their chocolate bunnies ears first

SOURCE: Candy USA



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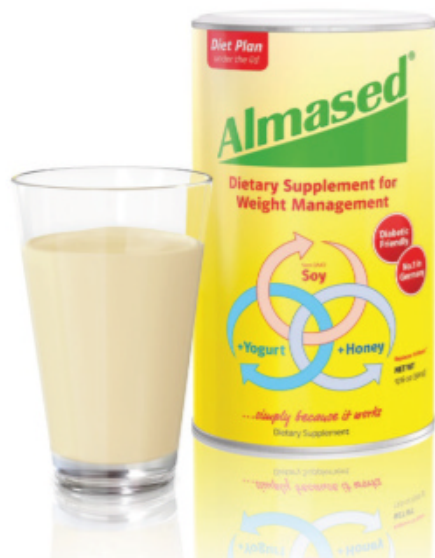
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Help! I quit gluten but I'm still bloated

Q: I recently cut out gluten in hopes of eliminating my GI issues. I replaced pasta with bean-based noodles and am eating lots of veggies. But it's been a month and I'm still bloated and puffy! What gives?

A: It sounds like *fructans*—carbohydrates found in wheat products as well as some common veggies—could be the source of your bloat. In a study published in the journal *Gastroenterology*, participants with a self-diagnosed gluten sensitivity were split into two groups, one assigned to eat gluten while the other group ate fructans. When asked to rate their digestive issues, the fructan group reported 25% more bloat than the gluten group, showing that many of the “gluten-sensitive” participants were actually reacting to fructans.

Top sources of fructans (besides wheat products) include beans and legumes, onions, garlic, cabbage, broccoli and asparagus. Try limiting these foods for a week and see if the bloat subsides. If it does, you can continue to avoid them or try reintroducing them one at a time to determine if there's one or a few specific foods causing your indigestion.

Reese's sweet slimming snack

Busy actress Reese Witherspoon has found a slimming way to satisfy her sweet tooth: She munches on Emmy's Organics Coconut Cookies (available at grocery stores). These gluten-free cookies are made with organic coconut and coconut oil, which are packed with monounsaturated fatty acids proven to boost fat burn by 56%.



Q: I've been on a diet for three weeks, but I haven't lost a pound and I feel foggy. What's going on?

A

We suspect you may have low levels of nitric oxide, which plays a key role in circulation, ferrying oxygen, nutrients and fatty acids to cells so they can be burned for fuel. Yet almost all women over 40 don't produce enough. This slows metabolism, leading to fog, fatigue and creeping weight gain.

Fortunately, there's an easy way to increase nitric oxide production and start shedding fat fast: Up your intake of foods that contain resveratrol, like grapes, berries, chocolate and red wine. According to a study from the Chinese Center for Disease Control and Prevention, resveratrol increased the activity of nitric oxide-producing enzymes, boosting levels by 90%. The payoff: Transportation of nutrients around the body improves, causing a 29% increase in metabolism, a 25% boost in energy levels and a 40% increase in focus.

Is there a food cure for stress eating?

Q: My husband's mother is preparing to move into our in-law apartment, and the stress has me reaching for cookies and caramel corn every afternoon. I've noticed my pants getting tighter—how can I nip this habit in the bud fast?

A: We suggest sipping a cup of licorice root tea about an hour before you usually start craving a nibble. This brew has a sweet flavor that will sate your sweet tooth, plus it acts as an *adaptogen*, a natural compound that improves the body's ability to resist, respond to and recover from stress. In fact, British researchers found that this effect can slash the body's production of stress hormones by 45% to quickly ease tension and banish cravings.

Another boon: Licorice tea delivers flavonoids that block fat storage, so when you can't resist a cookie, it won't go to your waistline. One Japanese study found that licorice flavonoids reduced subjects' weight gain on a diet designed to pack on the pounds by an impressive 95%.

Put FIRST to work for you!

Nutrition experts Mira Calton, CN, and Jayson Calton, Ph.D., are leading authorities on micronutrient deficiencies and bestselling authors of *The Micronutrient Miracle: The 28-Day Plan to Lose Weight, Increase Your Energy, and Reverse Disease* (available at Amazon.com). To ask them a question, send an email to health@firstforwomen.com.

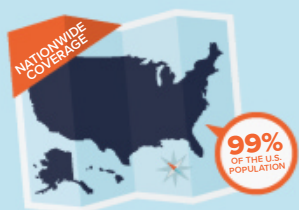


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delicious healing

Refresh with

*Feel your best
with these
in-season picks*

BELLY SLIMMER

Make slimming a cinch by nibbling on a radish when cravings strike: Yale University researchers report the strategy could help you shed up to 2 pounds weekly. The peppery-tasting gems are brimming with compounds (*glucosinolates* and *myrosinase*) that activate the brain's appetite control, erasing the munchies for 90 minutes.



ANTI-AGER

A cup a day of collard greens will leave your skin looking eight years younger, say Stanford University investigators. Thanks goes to a trio of nutrients—lutein, beta-carotene and vitamin C—which heal and rejuvenate the epidermal layer of the skin, plus trigger the creation of smoothing and firming collagen.

ENERGIZER

Need a pick-me-up? Eating turnips just three times weekly could cut your risk of tiredness and sluggishness by 55%. According to Norwegian researchers, these hardy root veggies are packed with compounds (*indoles*) that help cellular mitochondria convert fatty acids into ATP, your body's key source of cellular energy.

spring favorites

TENSION TAMER

To ease anxiety in 60 seconds—and stay Zen for two hours—reach for rhubarb. The reason? Canadian scientists say its sweet-tart flavor ups the production of calming alpha brain waves.

DELICIOUS IDEAS: For a sweet side, dice 1 lb. of rhubarb, mix with $\frac{1}{2}$ cup of honey and roast at 450°F for 5 minutes. For a savory dish, cut 1 lb. of rhubarb and 1 bunch of radishes into matchsticks, then toss with 2 Tbs. of olive oil, 2 tsp. of honey mustard and 1 tsp. of lemon juice.



FOCUS ENHANCER

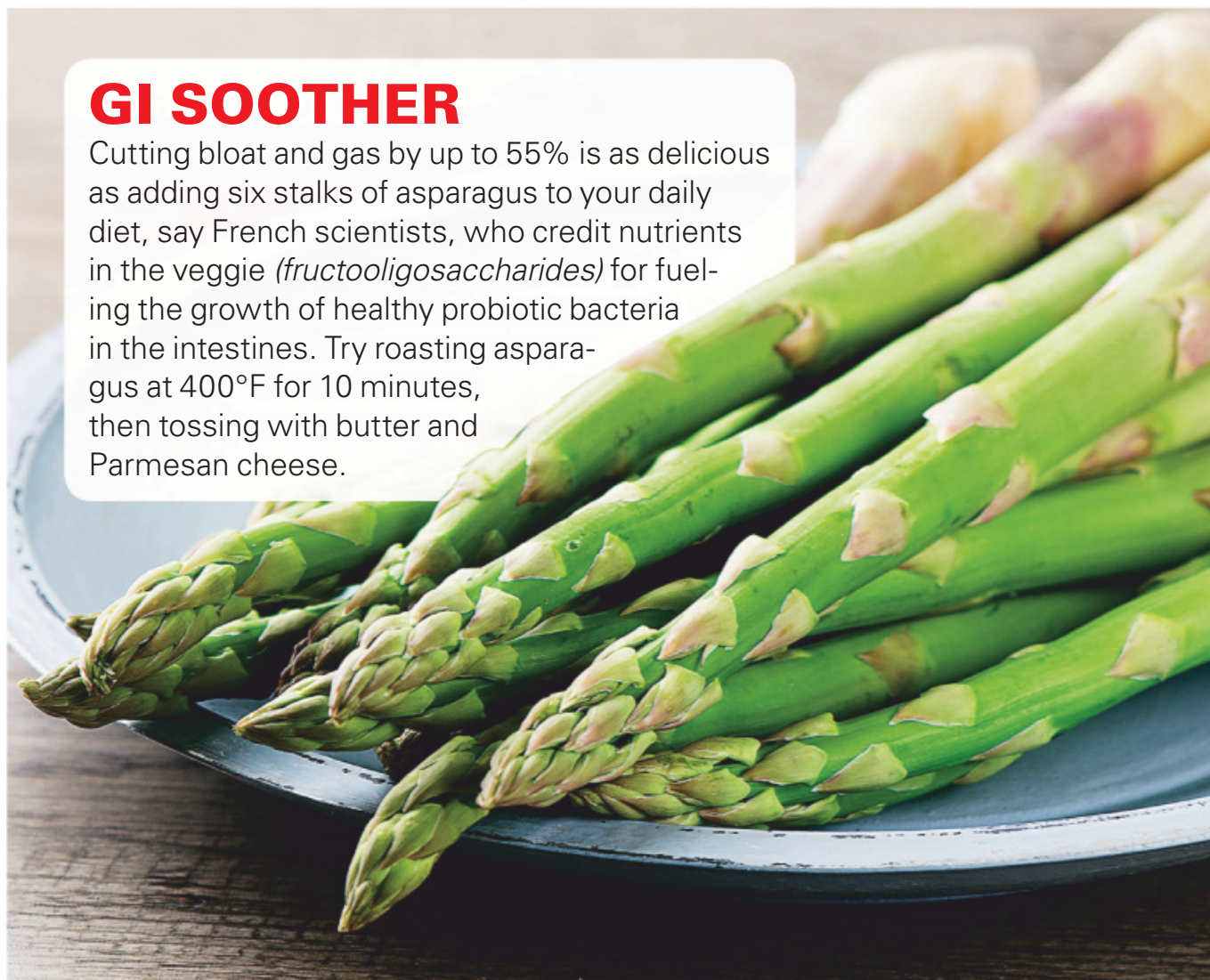
A whopping 25% of a green pea's calories comes from amino acids—the building blocks of focus-enhancing dopamine; plus they brim with *saponins*, nutrients that help your brain cells use glucose for fuel. Enjoy just $\frac{3}{4}$ cup, and British researchers say these dynamos could sharpen your concentration for as long as five hours.



GETTY (4); SHUTTERSTOCK (2). TEXT: BRENDA KEARNS

GI SOOTHER

Cutting bloat and gas by up to 55% is as delicious as adding six stalks of asparagus to your daily diet, say French scientists, who credit nutrients in the veggie (*fructooligosaccharides*) for fueling the growth of healthy probiotic bacteria in the intestines. Try roasting asparagus at 400°F for 10 minutes, then tossing with butter and Parmesan cheese.





ULTRA META

Harvard-trained Sara Gottfried, M.D., reveals the brain glitch that's making women hungry all the time—and the simple strategies that can help you reboot your metabolic thermostat to power off the pounds for good

What if your body were equipped with an “auto-slim” system that kicked in whenever you started to gain weight—so instead of struggling with hunger and deprivation, you seamlessly switched into fat-burning mode and the pounds simply melted away. Sounds like a dream come true, yes?

As it turns out, the body *is* equipped with just such a thermostat: the *adipostat*. “But rather than regulating temperature, the adipostat regulates food behavior and energy use,” explains women’s health specialist Sara Gottfried, M.D., author of *Brain Body Diet*. In a perfect world, the adipostat—which is located in the *hypothalamus*, or control center of the brain—receives metabolic messages from the body that dial down hunger when fat stores are sufficient and turn up hunger when fat stores

THIS SIMPLE STRATEGY MORE THAN *DOUBLES* FAT LOSS

“Sleep is so essential to healing the *adipostat* [the metabolic control center in the brain] that it’s almost impossible for women to lose weight if they’re not getting at least seven hours a night,” asserts weight-loss expert Sara Gottfried, M.D. In a University of Chicago study, dieters lost 230% more fat during weeks that they got ample sleep, compared to weeks when they were sleep-deprived. To get the sleep that restores brain and body balance, Dr. Gottfried recommends taking 1 mg. of melatonin about 30 minutes before bed while you’re following her 40-day plan. If you don’t notice improved sleep, increase your dose by .5 mg. per night until you reach a dose of 3 mg. Adds Dr. Gottfried, “In addition to improving sleep quantity and quality, melatonin also has an antioxidant action that thwarts inflammation to further assist in adipostat repair.”

ABIGAIL HULLER. GETTY (3); FOTOLIA. MAIN TEXT: MELISSA GOTTHARDT. REAL-LIFE TEXT: LISA MAXBAUER.



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BOLISM!

are low, so the body effortlessly maintains its ideal weight.

The problem: Inflammation can damage the adipostat, making it unable to receive signals from our metabolic messengers. Inflammation in the brain can be triggered by stress, toxins and the refined sugary carbs that abound in the standard American diet, making the adipostat unable to “hear” the metabolic messages properly. When this communication breaks down, the brain defaults to crisis mode. And because the brain’s job is to protect you by stocking up on fuel reserves in case of emergency, crisis mode is also fat-storage mode.

“Basically, it acts as if you’re in a famine even though you’re not—you have plenty of food and plenty of fat,” notes Dr. Gottfried. “But you still feel hungry all the time because the hypothalamus is doing everything it can to promote eating and weight gain.”

What’s more, while women are often advised to drop excess pounds by slashing carbs, doing so can make weight loss all but impossible. “Studies show that cutting too many carbohydrates can decrease thyroid function and increase stress hormones, making it harder to burn fat and lose weight,” Dr. Gottfried points out. Indeed, a multi-center study published in *JAMA* found that extreme carb restriction lowered participants’ thyroid hormone levels by 22% within four weeks while upping levels of the fat-storing stress hormone cortisol by 21%. And as neuropsychiatrist Daniel Amen, M.D., author of *Feel Better Fast*, explains, “Restricting beneficial

carbohydrates too much deprives the brain and body of the essential vitamins, minerals and compounds they need to operate at their peak.”

Fortunately, Dr. Gottfried has discovered the carbohydrate combination that stems brain inflammation and reboots your metabolic thermostat. The plant-based carbs on her plan are rich in nutrients that defend the hypothalamus against inflammatory damage; plus, they supply

“Once your
brain and body
are back in
alliance, you’ll
have total health”

—Sara Gottfried,
M.D.

ample prebiotic fiber, which feeds friendly flora in the gut. “That’s crucial since good gut bacteria help restore the adipostat’s sensitivity to insulin, so the body can produce less of this fat-storage hormone,” she explains. And the healthy proteins and friendly fats

that round out her food formula rebalance hunger hormones and dial down appetite while boosting levels of fat-burning hormones by 32%. “I didn’t feel deprived, and within days, I no longer craved a bacon cheeseburger,” shares Katie Green, 43, a busy mom who lost up to 10 pounds a week following a self-made plan similar to Dr. Gottfried’s. “This way of eating makes you feel incredibly good!”

Once-and-for-all weight loss is just the beginning. “Brain inflammation is the root cause of concerns such as brain fog, depression and anxiety—when you reduce it, all those problems get better,” Dr. Gottfried says. “What’s exciting is that women who follow the plan are reporting improvements in energy, mental clarity and mood.” Read on for the plan that resets the brain and body to help you get slim and energized fast and forever!

Smoothie add-ins that speed slimming

These tasty extras deliver nutrients that work to heal the brain’s slimming system, melting away pounds as you sip!

TO FIRE UP FAT BURN...

Add avocado

Loaded with healthy fats that calm inflammation, avocados also stimulate the production of fat-burning hormones enough to help subjects lose 56% more stubborn belly fat in one study.



TO BANISH BLOAT...

Add berries

These gems speed the removal of excess fluids to reduce puffiness, report researchers at Penn State University. They’re also rich in nutrients that repair aging nerves—enough to help your brain function as if it were 9 years younger, say Tufts University scientists.



TO BEAT HUNGER...

Add spinach

Thylakoids in leafy greens dial down hunger hormones and help reboot the brain. In fact, Swedish researchers found that women who enjoy a spinach-spiked smoothie report a 25% drop in hunger for four hours.



THE SIP THAT DELIVERS ALL 3!

In a blender, combine 1 cup of almond milk, 1 cup of spinach, ½ cup of frozen mixed berries and ¼ of an avocado until smooth.

Turn to reboot your metabolism today

It's so easy!

Healing the brain's "auto-slim" system fires up fat burn and dials back appetite to help you achieve your happy weight. The key, says Sara Gottfried, M.D., is focusing on reducing inflammation that damages the metabolic control center in the brain (called the *adipostat*) and causes a breakdown in communication between the brain and the body.

On Dr. Gottfried's 40-day plan, you'll avoid the refined carbohydrates that damage the adipostat while filling up on 10 servings of antioxidant-rich, anti-inflammatory fruits and veggies that help reset your body's slimming thermostat. You'll also incorporate at least one prebiotic fiber pick (such as artichokes, onions and asparagus) and $\frac{1}{2}$ cup of probiotic foods (like sauerkraut, kefir and kimchi) daily. Dr. Gottfried explains, "These choices boost levels of good gut bacteria that fight body-wide inflammation and improve insulin sensitivity so you burn glucose for energy rather than storing it as fat."

You'll also include 3 oz. of protein (such as eggs, fish and chicken) with every meal. As Dr. Gottfried notes, "Protein helps keep blood sugar steady to guard against excess

fat-storage hormones. Plus, it preserves calorie-burning lean muscle mass in the body." You'll round out meals with friendly fats such as olive, coconut and grapeseed oils, which contain anti-inflammatory fatty acids that help heal the adipostat.

And while signing off snacks is a key component of Dr. Gottfried's healing food plan—because going for periods without food helps reset the chemical messengers that communicate with the adipostat—you'll feel so satisfied that you won't even miss your between-meal munchies. "One of the best things about this program is how doable it is," Dr. Gottfried notes. "Women are able to lose weight and keep it off without fighting against relentless hunger." Credit goes to the fiber, protein and fats on your plate, which all have the study-backed ability to boost satiety hormones, effectively banishing hunger.

And you can fire up fat burning even further with the following easy strategies that help restore adipostat function and improve slimming signals between the brain and body.

✓ **TWEAK YOUR FOOD TIMING**

"Creating a significant gap between dinner and breakfast is such an effective weight-loss strategy that women become believers as soon as they see

the results," notes Dr. Gottfried, who suggests finishing dinner by 7 PM and holding off on breakfast until 9 AM. "Research shows this strategy reduces inflammation and restores sensitivity to *leptin*, a hormone known as nature's appetite suppressant." Dr. Gottfried advises employing this timing tweak five days a week to support weight loss. And for your speediest slimdown ever, she recommends gradually stretching the time between dinner and breakfast, aiming to eventually finish dinner by 6 PM and have breakfast at 10 AM.

✓ **EXERCISE JUST A LITTLE**

Incorporating short bursts of high-intensity movement into your day can raise levels of *adiponectin*, the body's key fat-burning hormone, by 36%, according to researchers reporting in the *European Journal of Applied Physiology*. The reason that's such good news: "The more of this hormone you have, the less brain-harming inflammation you have—and the more fat you burn," asserts Dr. Gottfried. And while the term "high-intensity" may seem daunting, putting it into practice really just means picking up your pace slightly. "Start with a 30-minute walk, alternating three minutes of walking at a moderate pace with one

A SAMPLE DAY TO GET YOU STARTED



morning pick-me-up

Lemon water Stir the juice of half a lemon into 8 oz. of mineral water. Minerals and acids in the sip help the body flush toxins and protect cells against free radicals. Sip when you wake, even during the 14-hour fast.



breakfast

Veggie omelet Prepare a three-egg omelet loaded with chopped spinach, sliced mushrooms and halved cherry tomatoes. Garnish with parsley. Serve with a small side salad or sautéed vegetables.



lunch

Garden salad Toss 2 cups of leafy greens with tomatoes, asparagus stalks, radishes and cucumbers. Top with 3 oz. of chicken or turkey breast. Dress with 3 Tbs. of vinegar and 1 Tbs. of olive oil.

minute of walking more briskly," she suggests. "Over time, work up the intensity of your brisk walk until you can jog for one minute, then walk moderately for three minutes." Bonus: These sweat-producing sessions also help the body flush toxins that damage the adipostat.

✓ **MAKE TIME FOR CALM**

Stress triggers a body-wide chain of events that produce the inflammation that damages the adipostat. "High levels of the stress hormone cortisol also cause fat to be stored in the abdominal or belly area and break down your muscles for energy," Dr. Gottfried points out. "That's bad news for weight loss because loss of muscle lowers metabolism." Fortunately, Georgetown University researchers have found that guided meditation significantly tames stress and counters its toxic effects while increasing body levels of *glutathione* (a potent anti-inflammatory and antioxidant that defends against adipostat damage) by 20%. That's why Dr. Gottfried recommends setting aside 10 to 20 minutes for a simple meditation practice each day. To get the benefits, consider trying Insight Timer, a free app that lets you choose from more than 14,000 guided meditations based on your personal stress challenges.



dinner

Baked salmon Bake lemon-brushed salmon fillets at 420°F until firm (about 10 minutes). Serve with 1 cup of asparagus tossed with olive oil and slivered almonds, ¼ cup of sliced radishes and a side salad.

It worked for me

"I weigh less than I have in 20 years!"

"You *need* to get healthy. You *need* to lose weight," Crystal Estes told her husband, still reeling from his recent health scare. And as she spoke, she caught a glimpse of herself in the mirror and froze. *I need to take this advice to heart myself.*

For years, Crystal suffered from back pain due to weight-related degenerative disc disease. She also feared her metabolism had deteriorated after she'd tried so many diets—only to quit due to cravings and exhaustion. "I realized I had to leave that world behind."

Gathering inspiration from different resources including Weight Watchers and Bob Harper, Crystal set out to find healthy foods that would satisfy her out-of-control hunger. She ditched fast food and filled up on omelets, fresh veggies, probiotic-rich yogurt, almonds and salmon. "I taught myself to treat food as fuel, not comfort."

Crystal wasn't prepared for her body's immediate, loving response. After the first month, she had to secure her loose skirt with a binder clip to keep it on. And with the help of short bursts of exercise, Crystal soon hit her lowest weight in 20 years!

Now Crystal has earned her personal trainer certification. "My body is capable of more than I ever knew," she cheers. "Being able to move again is a gift!"



THEN: 238 lbs

Crystal lost 96 lbs!

Crystal Estes, 46, Louisa, VA
Height: 5'2"

NOW: 142 lbs



TYLER DARDEN PHOTOGRAPHY; H&M: VICTORIA BERKELEY; GETTY (3); SHUTTERSTOCK

feel-great update

*Outsmart
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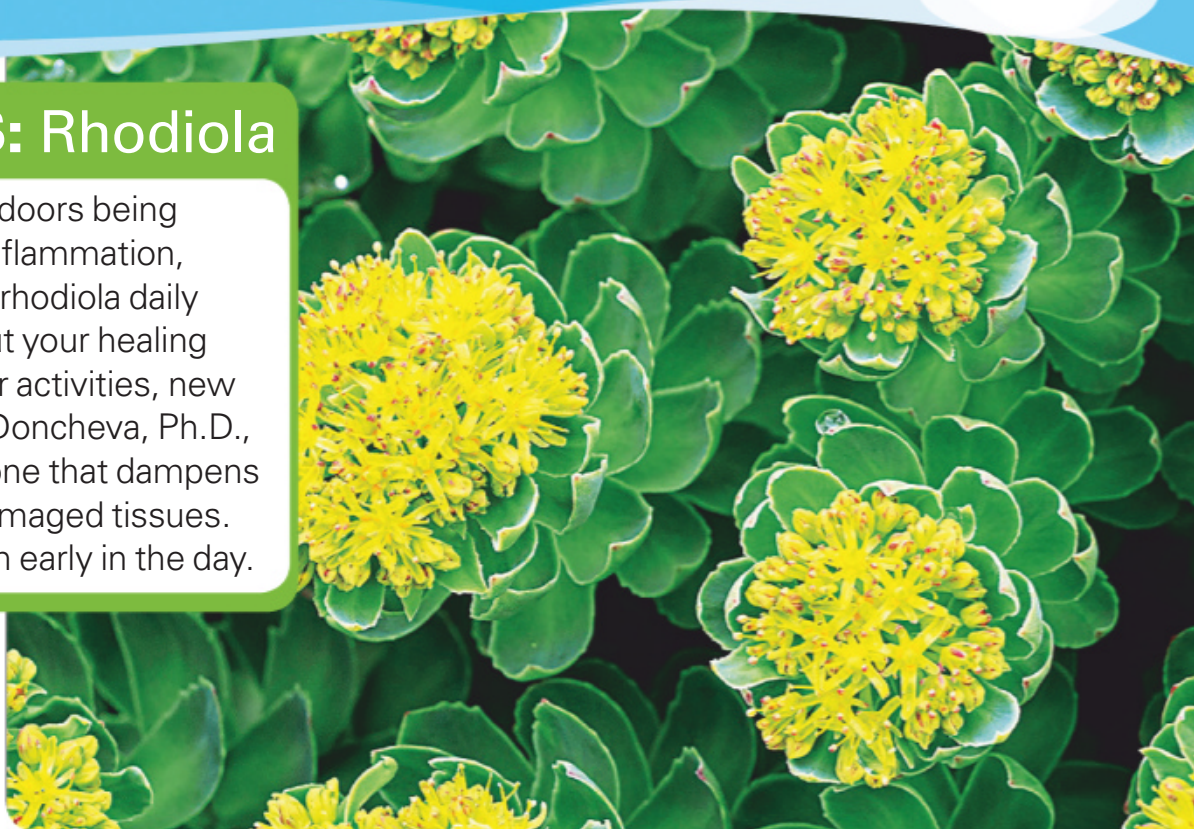
ENDS TIREDNESS: Midday sunshine

The toxins that build up over the winter can slow down cell metabolism, leading to a sluggish, blah feeling that can be tough to shake even when spring is in full swing, says Ann Louise Gittleman, Ph.D., author of *Radical Metabolism*. The good news: British researchers say getting 15 minutes of sun exposure midday (when the sun's rays are strongest) can rev your liver's ability to flush out winter toxin stores by as much as 50%, helping you feel more clearheaded and energized in three days. The reason: UV light exposure kick-starts the production of vitamin D-3, which switches on detox enzymes in the liver.

**6 secrets to a
HIGH-ENERGY
SPRING!**

SOOTHES SPRING ACHES: Rhodiola

Nicer weather means we can spend more time outdoors being active, which doubles the risk of muscle and joint inflammation, stiffness and pain. If you're achy, taking 250 mg. of rhodiola daily could help you feel more limber in 48 hours, plus cut your healing time in half if you've strained yourself doing outdoor activities, new research suggests. Explains study co-author Nina Doncheva, Ph.D., rhodiola revs the production of serotonin—a hormone that dampens pain and inflammation, and boosts blood flow to damaged tissues. For best results, take rhodiola on an empty stomach early in the day.



MELTS BELLY FAT: The scent of rosemary

With skimpier clothes in our future, it would sure be great to automatically burn off some of our hibernation belly. Luckily we can! To lose belly fat 43% faster—on any eating plan—take six slow, deep sniffs of rosemary essential oil (or the fresh or dried herb) once each hour. A Japanese research team says the scent of rosemary is so calming, it cuts the production of the stress hormone cortisol by 23% in one minute—and the lower your cortisol levels, the faster your liver and muscle cells metabolize stored fatty acids for fuel.

EASES CONGESTION: Pressing *here*

Damp spring ground means a 60% surge in mold counts—and congestion if you're allergy-prone. But Asian scientists say stimulating nerves along your brow line can drain sinuses in one minute and fight symptom flares for 77% of women who do it hourly. To do: Massage along your eyebrow for 20 seconds, then focus on the innermost corner of your brows, pressing firmly for 40 seconds.

BOOSTS MOOD: Watching nature

You lose more than an hour of sleep when the clocks jump ahead—you also can lose your calm for up to six weeks! German researchers say abrupt time shifts disrupt the parasympathetic nervous system—a series of nerves that keep you calm, relaxed and focused. Feeling off? Take five minutes to gaze at a bird flying past your window or a squirrel scurrying around your yard, and you could feel 65% calmer for three blissful hours. That's because watching animals in a natural habitat restores parasympathetic nervous system activity, inducing a long-lasting sense of serenity.



DEEPENS SLEEP: A citrusy rub

Spring's longer days are lovely, but until your brain adjusts to the seasonal shift, the extra light exposure can double your risk of restless sleep. If you're more wired than weary at bedtime, try this: Gently massage your neck, shoulders, arms and hands with a citrus-scented lotion (any citrus scent you love will do). Canadian researchers say you'll drift off 63% faster since massages lower the production of nerve-jangling cortisol and citrusy scents prompt the release of sleep-inducing theta waves.



"Cardio dance

Sarah Luce,
Fort Wayne, IN

Debilitating pain left Sarah Luce, 45, sidelined from life—until she discovered the fun 15-minute workout that eased her chronic pain and restored her joy

After her 17-year-old son said goodbye to his teammates, he walked off the basketball court and asked a question that cut Sarah, a mother of five, to the quick: "Mom, why come to my game if you can't stay awake?"

"I had missed so many of my kids' sporting events over the past four years and even had to pull one of my kids out of soccer," Sarah recalls. "This time, I was determined to be present for my son, but the pain medication I was taking made me feel like a zombie, and I struggled to stay awake as I sat in the bleachers. I felt so bad. My son said it wasn't a big deal, and he wasn't even disappointed. Instead, he felt bad that I was in so much pain. *That* made me feel even worse.

One medication after another

"About 11 years ago, I was diagnosed with a benign brain tumor. The surgery to remove the tumor left me deaf in one ear and with chronic pain in my head and muscle weakness on one side of my face. Since the tumor had been pressing on my nerves, my doctors told me that the surgery would take the pain away within eight weeks, but after 12 weeks, it wasn't getting better and the doctors didn't know why.

"The pain was both persistent and sudden. While there was a constant current of pain, I'd also get what I called 'pain

How cardio dance builds

"The body likes to move, even when you're in pain," says integrative pain medicine specialist James Dillard, M.D., author of *The Chronic Pain Solution*. "People experience pain, get afraid to move, then withdraw from moving. But movement is really the key to getting better." Indeed, exercise improves blood flow, which speeds healing, plus quiets the pain pathways in the brain. And Dr. Dillard says cardio dance workouts are a

great place to start. "You can do it in your home and it's easy to scale up or down," he says. "Starting with something simple proves that you can exercise without hurting yourself, which is very helpful, psychologically." And in a Brazilian study, twice-weekly dance classes improved pain levels by 39% in patients with widespread chronic pain.

To get the benefits, try dancing for 15 minutes a few times a week, starting at a gentle

ended my pain!”

attacks,’ which would knock me out for two days. It was so much worse than a migraine—I couldn’t drive or even care for my kids. At one point, my husband switched to working the third shift so he could be home during the day. My mom did a lot of heavy lifting too, especially in caring for my two youngest children. Since I was in bed most of the time, my friends from church helped with the laundry and cooking. It was devastating.

“I saw many doctors and tried more than 20 medications, but nothing worked. The medications, combined with not feeling well enough to move, caused me to gain 70 pounds. Eventually, I found a doctor who prescribed oxycodone, which eased my pain but left me feeling lethargic. To make matters worse, my doctor told me I’d have to take the medication for the rest of my life. But when stricter anti-opioid laws went into effect in my state, my doctor urged me to wean off the drug. I was scared because oxycodone helped me feel semi-normal for the first time since the tumor.

“I saw a chiropractor and physical therapist, but both proved challenging

because often, even the slightest touch was painful. Sometimes I’d feel better after a session, but other times the treatments would trigger a pain attack that would sideline me for days.

“Because of my strong faith in God, I continued to forge ahead. I’d remind my kids, ‘This is just a season, and I’m going to get better.’ Both my mom and my husband were great sources of strength. I tried to stay positive, but I started doubting it myself. I felt like I was running out of options and I wondered, *Will this ever get better?*

Freedom at last!

“In 2017, everything started to turn around when I discovered Love Sweat Fitness (LoveSweatFitness.com), a workout program that features many cardio dance options. I wasn’t sure if it would help my pain, but I was so tired of not moving, and the workouts seemed fun, so I decided to give it a try.

“That first day, I started with just 15 minutes, and that was all it took. I was hooked. I felt so invigorated, and it changed my whole outlook on the day. Although I had to modify some of the moves, I slowly got stronger, and

within six months, I had worked up to 50 minutes a day. I couldn’t believe how easy and fun the workouts were. I felt alive—something I hadn’t felt in a long time. The best part was that I could work out in the comfort of my home. My kids saw how much fun I was having, so they joined in too, and we even posted videos of us dancing together on Instagram!

“I never thought dancing would help me feel better, but the more I moved, the less pain I had. As my pain started melting away and my range of motion increased, I also added light weights and resistance bands. I found using these tools to build muscle tone helped ease my pain even more.

“Today I’m stronger than I’ve been in 15 years, and I even lost more than 70 pounds! Most important, now that chronic pain is a thing of the past, I’m able to be the mom I’ve always wanted to be. My kids and I go bike riding together for hours, and some of them still do the cardio dance workouts with me. And after seeing what I went through, they know that I’m not only alive, but I can rise above!”

—as told to Julie Revelant

strength and quiets pain

pace and building up to a higher intensity as you get stronger. To follow Sarah Luce’s lead, try the cardio dance videos at Love Sweat Fitness (LoveSweatFitness.com) or search “beginner dance cardio workouts” on YouTube for more options.

“That first day, I never thought dancing would help me feel better,” shares Sarah. “But today I’m stronger than I have been in 15 years!”





Nature walks deliver a powerful longevity boost

The great outdoors offers diverse health benefits, report researchers in the journal *Environmental Research*. In a review of 143 prior studies, increased exposure to “green space” was linked to a 31% decreased risk of mortality, a 28% decreased risk of diabetes and an 18% decreased risk of stroke. The study authors say walking through a forest (or even viewing trees through a window) relieves stress, limits pollution exposure and encourages physical activity—all of which promote physical and mental health.

The snacking strategy that cuts cravings

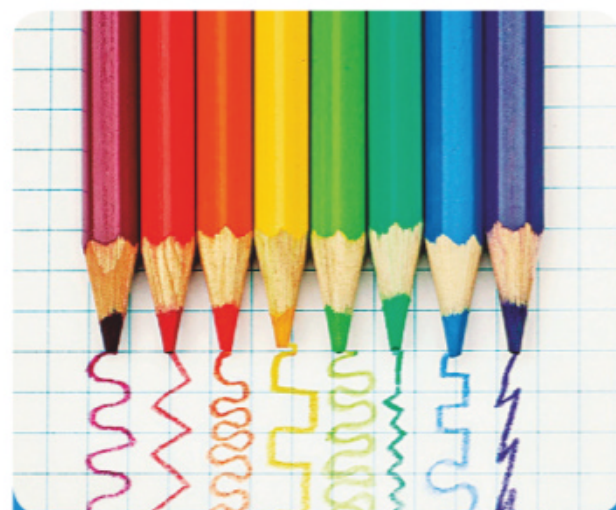
Researchers at Louisiana State University in Baton Rouge have pinpointed some of the most effective ways to battle cravings. In a review of 28 prior studies, they discovered eating unhealthy foods less frequently for six months cut cravings by 27%, whereas trying to reduce portion size had no significant effect. The study authors note that the act of consuming indulgent foods seems to offer a craving-reinforcing reward to the brain, regardless of the amount eaten. They add that cravings are a conditioned response that can be unlearned once we’re mindful of these desires.

Proof: Blackout curtains improve sleep quality

In a study of 11,738 insomnia patients published in the *Journal of Clinical Sleep Medicine*, those exposed to the least nighttime light (in rural areas) were prescribed 92% lower doses of insomnia medication for an 85% shorter duration than those exposed to the most nighttime light (in urban and suburban areas). The authors say light exposure throws off the body’s circadian rhythms responsible for producing the sleep hormone melatonin. Reduce your exposure with blackout curtains and Velcro at the sides of windows.

Digital mammography ups breast cancer detection

This according to U.K. scientists reporting in the journal *Radiology*. They looked at 11.3 million screening exams in women ages 45 to 70 and found a significant increase in overall breast cancer detection, early stage cancer detection and detection rate for women getting their first mammogram. The authors say digital mammography provides better image quality and is especially helpful for women with denser breast tissue.



Drawing speeds recall by 42%

Next time you’re trying to remember to pick up eggs or to call your sister, instead of jotting a note, try sketching a picture. A Canadian study published in the journal *Experimental Aging Research* reveals that doing so helps keep the memory fresh. In a series of experiments, subjects presented with a group of words performed 42% better on a memory task after drawing them versus writing them out, regardless of the drawing quality or time required to complete it. The authors say the physical act of drawing combined with the processing of visual information engages more regions of the brain to solidify memory.

81%

Percentage of people who have withheld information from their doctors

SOURCE: U. of Utah and Middlesex Comm. College



*“I want
to be
a bench.
Recycle me.”*



IWantToBeRecycled.org



KEEP AMERICA
BEAUTIFUL

"I finally feel like

Doctors brushed off Lynne Jordan's constant fatigue and pain. Then she found the common culprit that's almost always undiagnosed—and the easy fixes that made all the difference

"Halfway there," Lynne gasped, holding the banister for dear life and slowly pulling herself up one step at a time. "The last flight of stairs in my apartment building was always the hardest to climb after a long day," she recalls. "Glancing behind me, I was grateful no one was around to witness my struggle. Finally, with my front door in sight, I told myself, *I'm never leaving the house again.*

Barely getting by

"The older I got, the less energy I had to move my 5'10" body. I felt weak. My balance seemed shaky. One day I even fell as I tried to change directions to avoid a suitcase parked in the middle of my room. I lived alone, and I worried, *What if my next fall is worse?*

"I felt so weak, it became difficult to clean my house. I paid my neighbor's grandchildren to carry laundry or take out garbage. Changing the linens on my king-size bed was the worst! I'd get so exhausted from tugging the corners that I'd collapse across the mattress to rest. It didn't help that my weight, which had yo-yoed for years, was on the upswing and my knees were constantly sore.

"I knew things were bad when my fatigue started costing me work. I was a professional singer leading a 10-piece band. I wasn't up there tap dancing like Liza Minnelli, but I still had to summon the stamina to dance or even stand on stage for three hours straight.

"I tried to keep a stiff upper lip, but coping with the chronic pain was exhausting. I stopped accepting invitations from friends. Honestly, it seemed the only muscles I had left were my jaw for snacking and my forearm for clicking the TV remote. I would think back to when I was younger and more active and ask myself, *Was that some sort of dream?*

"I figured these changes were part of growing older. Friends agreed and told me, 'You just have to live with it.' My doctors all lectured me to exercise and lose weight, but none of them understood that moving was my problem. I felt trapped: I hurt, so I didn't move; I didn't move, so I hurt more. All that inactivity only led to feeling more depressed and tired.

"I shared my concerns with an orthopedic specialist, who said I probably needed knee-replacement surgery. But I wasn't ready for something so drastic. When I consulted another doctor, he said, 'With your body and age, there's not much you can do. You're not

Lynne Jordan, 57, Chicago

One-minute QUIZ

IS SARCOPENIA DRAINING YOUR VITALITY?

If you experience fatigue and at least two of the symptoms below, *sarcopenia* (loss of muscle tissue) may be to blame

- | | |
|--|--|
| <input checked="" type="checkbox"/> Gait changes | <input checked="" type="checkbox"/> Weak bones/osteoporosis |
| <input checked="" type="checkbox"/> Joint pain | <input checked="" type="checkbox"/> Poor balance |
| <input checked="" type="checkbox"/> Diabetes | <input checked="" type="checkbox"/> Decreased cardiovascular fitness |
| <input checked="" type="checkbox"/> Weight gain | |
| <input checked="" type="checkbox"/> Falls | |



me again!”

going to see much improvement in your mobility.’ I left that office thinking, *I guess I’m doomed.*

An answer at last

“One day after performing, my host, Fred Bartlit, saw me hobbling around. He told me he had co-written a book about muscle deterioration and frailty after seeing his father’s health decline. ‘Looks like you’re suffering from the same thing,’ he said, adding, ‘You don’t have to fall apart as you get older.’

“With my interest piqued, I read the book, *Choosing the StrongPath* (StrongPath.com). It talked about *sarcopenia*, the gradual loss of skeletal muscle mass and strength. My doctors had never mentioned the condition—it didn’t even have a diagnostic code until 2016—but it seemed to explain what was happening to my body, especially my weak knees and exhaustion.

“I learned I might not be able to fix degenerated joints, but I could strengthen the muscles around them to hold them more tightly. I was stunned! My doctors only harped about weight loss—they never said to build muscle.

“I began working with a trainer to focus on balance and core strength, which I learned would strengthen my muscles, protect my joints and improve my mobility. I started using tiny pink

dumbbells that looked like toys. I also traded my low-fat diet for a protein-rich diet. I learned that eating protein at every meal would help with muscle recovery as I regrew more of that important tissue.

“Within two weeks I felt stronger! I was amazed the first time I climbed the stairs to my apartment without stopping to rest. My new body gave me confidence and energy.

“With these simple changes, I shed 100 pounds without ever feeling like I was dieting. To my surprise, it was gaining muscle and strength more than losing weight that helped me reclaim my old lifestyle. Now I have the stamina to clean my house and socialize. When I attended a rock concert at Wrigley Field and had to climb 70 stairs without a railing, I had no trouble. My orthopedist even praised me, saying, ‘You’re doing so great, you should talk to my other patients!’

“I used to worry that I was all washed up, but now I know there’s a lot of life ahead. I have the energy to do anything I want! I’m even performing my one-woman show, *A Great Big Diva*, which includes 90 minutes of singing and dancing. Older women often feel it’s too late, but I’m here to say, *No, it’s not!*”

—as told to Lisa Maxbauer

News!

The easy pantry cure for muscle-wasting

Women have 86% less testosterone at age 60 than at 20—and low levels of the hormone raise the risk of age-related progressive muscle loss (*sarcopenia*) by 359%, reveals research in *Geriatrics & Gerontology International*.

“One of the telltale signs of low testosterone is a marked decline in muscle mass that can make you feel weak or sluggish,” says Fred Pescatore, M.D., author of *The A-List Diet*. Fortunately, there’s a natural way to restore levels for just 50 cents a day: Sprinkle 2 Tbs. of wheat germ in smoothies, yogurt or oatmeal. It’s loaded with zinc and magnesium, nutrients that scientists at Baylor University in Texas say increase testosterone production and block the creation of an enzyme that deactivates the hormone—all told, raising testosterone levels by 33%.

Energy-sapping muscle loss affects 95% of women over 50

! “Muscle may be the most important factor for looking and feeling like a million bucks as you age,” says integrative physician Fred Pescatore, M.D. But progressive muscle loss, or *sarcopenia*, a condition dubbed “the new osteoporosis,” impacts nearly every woman over 50, he says, straining the bones, joints and heart during everyday activity and leading to fatigue, pain and weight gain.

! **A sedentary lifestyle worsens sarcopenia.** “Women stop exercising because they’re fatigued, so they lose more muscle tone,” says Dr. Pescatore. “But not only is sarcopenia completely preventable, you can make major inroads against muscle loss at any age.”

✓ **Muscle-strength testing and a DEXA scan can confirm sarcopenia,** says Jeremy Walston, M.D., co-director of the Biology of Healthy Aging program at Johns Hopkins. But since all women over 40 are at risk, the tips below can stop muscle loss and restore vitality.

😊 **Time your protein.** Eating 30 grams of protein at each meal has been shown to boost muscle-building ability by 50%. Top sources: beef, poultry and eggs.

😊 **Try this healing duo.** Supplementing with omega-3 fatty acids daily triples muscle-building in eight weeks, reveals a study in *The American Journal of Clinical Nutrition*. A brand we like: Life Extension Super Omega-3 (LEF.com/ffw). In another study, taking 1,000 IU of vitamin D a day was shown to increase leg muscle strength by 25%.

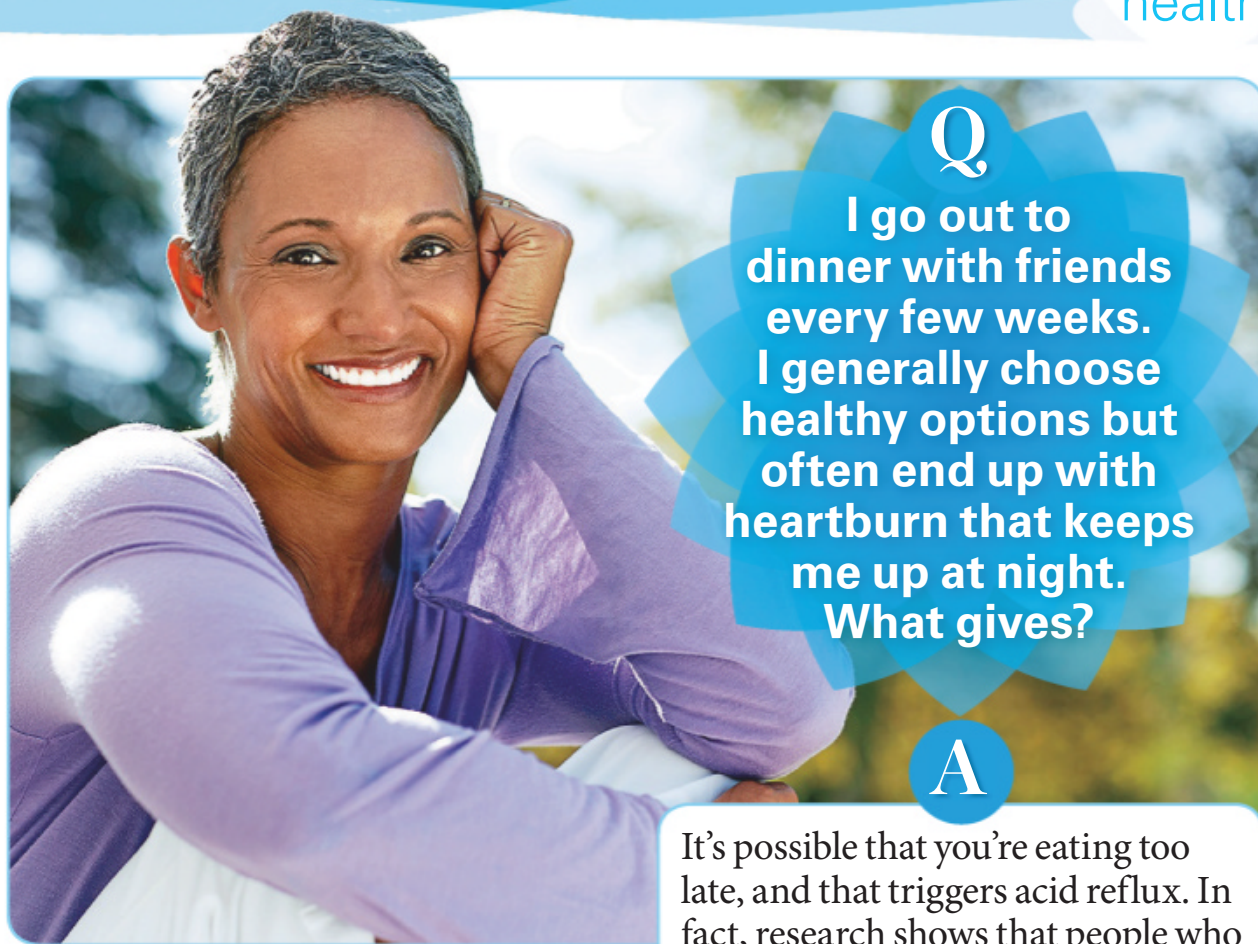
😊 **Exercise is key to building muscle.** In one study, practicing tai chi improved lower-body strength by 30% and arm strength by 25%. And Dr. Walston suggests walking and doing 20 reps of strengthening exercises like wall push-ups three times a week.

What's causing my adult acne?

Q: All of a sudden, my jaw and cheeks are covered with painful pimples and blackheads—some even under the skin. I thought I was done with acne after my teenage years! What is this?

A: Acne on the bottom half of your face, including the mouth, jaw and chin line, is usually caused by hormone flux, which becomes more common as you age. In fact, a study from the American Academy of Dermatology reports this type of acne impacts about one in four women over 40—and I see many patients with the same concern. To blame? An estrogen imbalance that occurs when levels of progesterone drop naturally, disrupting the delicate hormone balance that keeps our bodies (and skin) healthy. What's more, estrogen-mimicking chemicals in the environment, like preservatives and pesticides, can play a role in this imbalance. These compounds are even found in some of the products we use on our skin!

Fortunately, I can suggest a few strategies to clear up your acne. For a topical solution, I recommend wiping your face morning and night with witch hazel. It's a gentle astringent that contains natural oils, so it won't dry out skin. As a spot treatment, try tea tree oil. Both are inexpensive and free of the problematic chemicals that can lead to acne. And to help rebalance estrogen levels, consider adding flaxseed meal, dark leafy greens and lots of cruciferous vegetables to your diet, as they all help the liver process and eliminate body stores of extra estrogen and chemicals that mimic the hormone. Last, consider a slow detox of your beauty shelf: As you finish one product, replace it with a natural version that doesn't list fragrance, perfume or parabens as ingredients, as these are often keywords for estrogen-mimicking chemicals.



Q
I go out to dinner with friends every few weeks. I generally choose healthy options but often end up with heartburn that keeps me up at night. What gives?

Why am I so sad this spring?

Q: I usually feel upbeat as the weather starts to warm up, but this year I feel tired and blue despite the sunshine. What's going on?

A: It's surprisingly common to feel down at this time of year. In fact, the Centers for Disease Control has found that spring is a prime time for sadness. The biggest contributors: pressure to feel happy as the weather warms and seasonal allergies, both of which can lead to blue moods and fatigue.

Thankfully, simple strategies—like a five-minute self-massage—can lower levels of anxiety-triggering cortisol and boost feel-good hormones to lift your mood and energy. To do: Squeeze the base of your neck on both sides of your spine with one hand, moving up. Then place your fingertips of both hands at the base of your skull and move in circular motions down your neck and along each shoulder.

And if you suffer from allergies, supplementing with quercetin, a natural antihistamine, can ease energy-draining symptoms—without the added grogginess allergy meds cause.

A
It's possible that you're eating too late, and that triggers acid reflux. In fact, research shows that people who ate dinner three hours before bed were 7.5 times more likely to have reflux than those who ate four hours before bed. So try moving your meal up, and if you do eat after 8 PM, consider this mantra: *If late, eat light.*

Also smart: limiting heartburn triggers (like alcohol, chocolate and peppermint) and avoiding clothes that are tight around your waist when you eat. Scottish researchers found that when people wear a tight belt while eating, more stomach acid flows up to the esophagus.

Finally, try sipping aloe vera juice daily—a strategy Chinese researchers say reduces reflux episodes by 71% within four weeks. But since the juice can have laxative effects, start with ½ tsp. twice a day and build up to 2 tsp. twice daily.



Put FIRST to work for you!

Cindy Geyer, M.D., is the Medical Director at Canyon Ranch Wellness Resort in Lenox, Massachusetts, and a faculty member at The Center for Mind-Body Medicine in Washington, DC. To ask her a question, send an email to health@firstforwomen.com.

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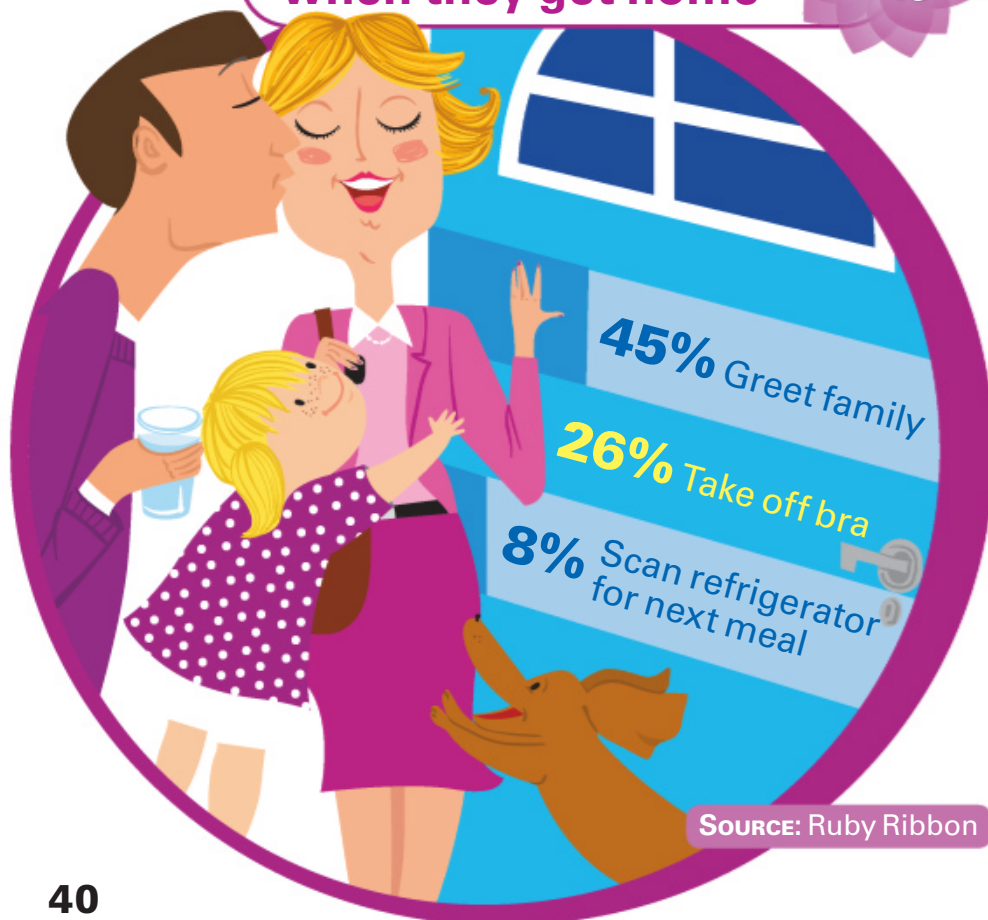
SOS for a sneaky cause of brain fog & fatigue

Exposure to electromagnetic fields from cellphones, computers and other gadgets is causing an epidemic of brain fog and tiredness among women. Here's help!

Getting directions, scheduling book club, unwinding with a game...our cellphones become more important all the time. That's why new research from Switzerland is so alarming: Scientists report that cellphone radiation can negatively impact memory, reducing recall by 22%. What's more, further studies reveal that frequent exposure to electromagnetic fields (EMFs) emitted by cellphones and other common electronics can increase concerns such as headaches, fatigue and anxiety by up to 38%.

"EMFs not only interfere with the electrical impulses cells use to communicate, they also create unstable molecules that damage cells," explains Ann Louise Gittleman, Ph.D., author of *Zapped*. And as Dianna Hoppe, M.D., a women's health expert based in Encinata, California, points out, "EMFs also increase levels of the stress hormone cortisol, which can trigger brain fog and sleep problems." Luckily, it's easy to outwit common EMF hazards to enhance energy and mental clarity once you know where they lurk.

First thing women do when they get home *quick take*



In the bedroom Move your bed

EMFs emitted by cellphones and electrical outlets impair the production of the sleep hormone melatonin and dull the body's ability to slip into restorative sleep. "That's worrisome because the brain clears itself of toxins during sleep, and impairments can lead to brain fog," says Gittleman. "Plus, melatonin has an antioxidant action that defends cells against EMF damage." To slash exposure, she advises placing your phone at least six feet from your bed and switching it to airplane mode, which blunts its ability to send and receive electromagnetic signals. And move your bed so its head is three feet from any outlets in use since they produce stronger electrical fields than vacant outlets.

In the living room Flip this switch

TVs can produce problematic levels of EMFs, especially when viewed in close quarters, Gittleman warns. "But exposure diminishes dramatically with distance, so position your furniture at least six feet away from the screen," she suggests. And since routers, laptops, smart TVs and other Wi-Fi-enabled devices can emit radiation even when turned off, plug them into power strips. "This acts like a kill switch so you can easily cut off electricity to reduce EMFs," she explains. For added protection, consider switching your lamps to LED bulbs. "They typically produce far fewer EMFs than compact fluorescent bulbs," notes Gittleman. And while LEDs may cost a bit more, they last up to three times longer than fluorescents.

In the car Switch to speakerphone

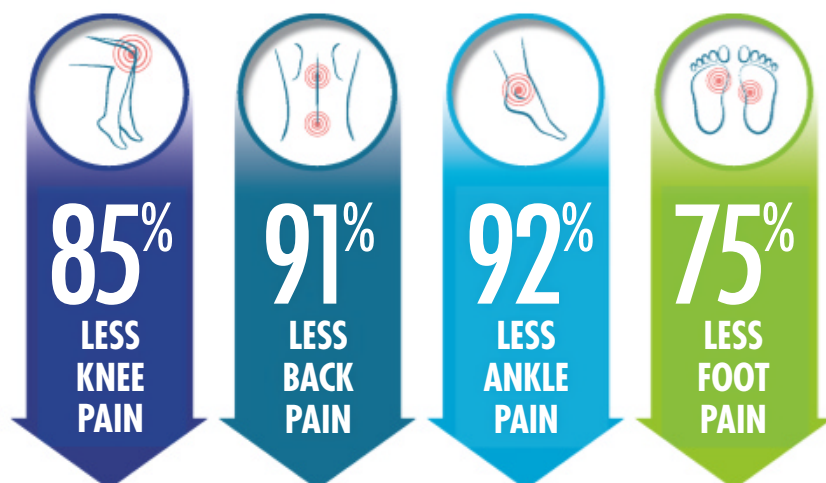
Many of us use a smartphone to get directions when we travel. The problem: "The phone has to work harder to get a signal through the metal vehicle, so it produces more EMFs—and more reach you," says Dr. Hoppe. Her advice: "Use the phone's speaker rather than routing it through Bluetooth devices, which emit additional EMFs," she suggests. Finally, consider downloading a map of your trip before you leave. To do: Look up your destination on Google Maps while you're connected to Wi-Fi. Select the menu, then select "Offline Maps," followed by "Custom Maps" and "Download." Then when it's time to drive, you can put your phone into EMF-reducing airplane mode and still get turn-by-turn spoken driving directions. *

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Cheryl's top

Busy actress, wife and mom Cheryl Ladd, 67, opens up about the wellness strategies that keep her slim, happy and radiant—no matter how hectic life gets

Known best for her role as Kris Munroe on the television show *Charlie's Angels*, Cheryl Ladd is a lot like her fearless character: a woman who gets things done.

"Growing up, we didn't have a lot of money, so we figured out how to fix things ourselves," Cheryl shares. "That's why if something needs to be done around my house, I get the ladder out and do it!" Even though she's a take-charge person, Cheryl has learned to accept what she can't control. "It's easy to feel swamped, but you have to count your blessings and keep a positive attitude," she says of the healing outlook that has helped her through countless struggles, including her mother's recent passing. How does she stay so upbeat?

Here are a few tricks she's learned through the years.

Boosts brainpower

Classic games

"I grew up playing parlor games," smiles Cheryl. "So in our household—especially when our kids were little—we'd always play dominos, charades, Pictionary and cards. Now we're busier, but sometimes I'll get on my phone and play Words with Friends while sitting in a doctor's office. It's such a great mind exercise!"



Secret weapon



"I buy this green juice that's freshly made in a local market and try to drink a little bottle of that every day," says Cheryl of her tasty shortcut for getting all her slimming nutrients for the day

stress solutions



Improves outlook A little movement

"When I'm feeling uptight or down and I just keep getting in my own way, there's nothing like a good workout or walk to help snap me out of it," muses Cheryl (who shares her go-to routine for getting slim and sculpted on the next page). "Exercise always gets me out of my head and into my body and gives me a whole new view of the world. We're naturally built to move to give our bodies more oxygen, which gives us a boost both mentally and physically. And I've found that it doesn't have to be strenuous! Even a 10-minute walk on a nice day or putting on some dance music—like I do at home—goes a long way."

Melts a menopot Slimming snacks

"I always have walnuts, blueberries, oranges, apples, chicken and lots of salad-makers like greens and tomatoes in my fridge," shares Cheryl. "I also like to have those Sargento Balanced Breaks snack packs that have a mix of healthy nuts and lean cheeses in case I start to get hungry—it's a lot of protein without a lot of calories. For a sweet treat, I'm totally hooked on the Outshine Pomegranate Frozen Fruit Bars. I'll have one of those every night as my dessert—they're only 60 calories and so good for you too with all those amazing antioxidants."



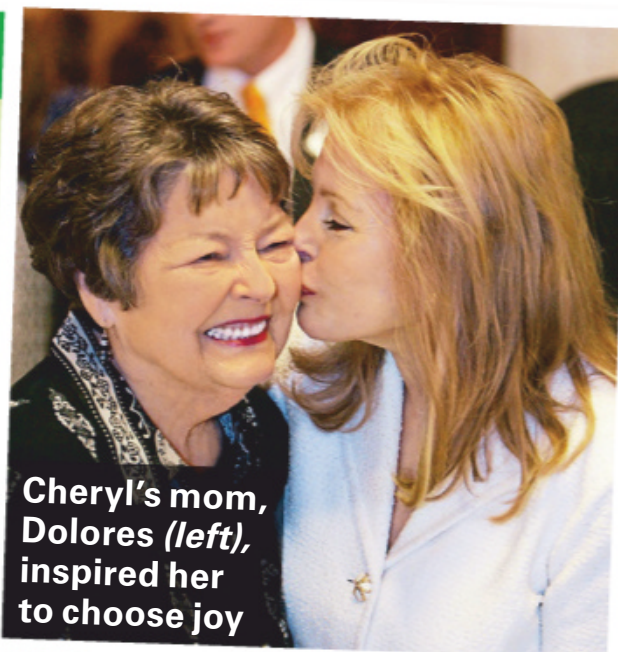
Quiets worries Giving it up to God

"For me, the more I communicate with God, the less complicated everything seems," Cheryl shares of her lifelong faith. "It truly is my cornerstone in both the best of times and the worst of times. When things start to go south and I feel bogged down by everything that's going on, praying and thanking God for my blessings turns it all around. To actually talk to Him and admit that I'm not in charge and that I know He's got my back is just so comforting. And praying to Him for peace each day is such an important part of my overall balance, mentally, physically and spiritually."

The inspiration that keeps Cheryl grounded

"Life is challenging sometimes," Cheryl admits. "But whether you talk to your girlfriends or your husband, go to a movie that makes you laugh or say your prayers, you have to reframe your thought process into something positive. My mother was one of the most positive human beings who walked the Earth, and seeing her joyful spirit carry on—no matter what happened in her life—was a great example to me."

After having lost her mother last August, Cheryl has relied on that lesson of joy to carry her through her grief. "Looking back on all of life's challenges, and now having lost my mom, I realize what a blessing my mother's positive outlook has been. Life's a journey, and painful things will happen, but the person who lives with a glass-half-full attitude can still see the beauty despite the hurt. I'm blessed to have had an amazing mother who showed me that."

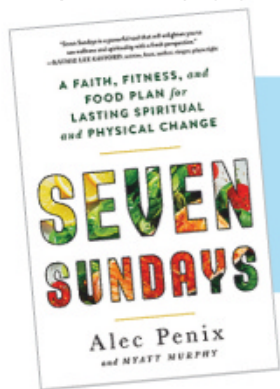


Cheryl's mom, Dolores (left), inspired her to choose joy

Turn for Cheryl's fat-burning workout ►

TRIM & TONED in 10 minutes or less!

Cheryl Ladd's go-go-go life makes it crucial that she stay strong and fit. "I do light weights because I like to keep my muscles toned up," she says. And for the best exercises to keep her slim and sculpted, she turns to her trainer, Alec Penix. "This routine strengthens the entire body to help you look and feel younger," he cheers. Complete this 10-minute workout four times per week to help firm jiggles and melt stubborn fat—in record time!



Check out Alec's book, *Seven Sundays*, for more tips to simultaneously nourish the body *and* spirit

Tush tightener: Squats

Simple squats are all it takes to tone the backside of this angel! Penix explains that squats call on the hamstrings, quads and *gluteus maximus*—the muscles that work together to firm and lift the tush. The payoff: a sculpted lower half.

TO DO: Stand with your feet shoulder-width apart. Bend your knees and lower your butt as if you were sitting down in a chair, taking care to keep your heels on the ground and your knees behind your toes, then return to standing. Do 20 reps.

Swinging your arms forward as you squat will help you go even lower



Shoulder sculptor: Overhead presses

Pressing weights up overhead is one of the best exercises for toning and sculpting the shoulders. "You're really strengthening all three parts of the shoulder muscle—the front, middle and rear deltoid," explains Penix. The result: Beautifully defined shoulders that will make the upper body look instantly slimmer.

TO DO: Sit in a chair or on a bench and hold 5- to 10-pound weights at your shoulders, palms facing forward. Keeping your back straight and tall, press the weights directly overhead, then lower back down. Do 15 reps.



Sitting during this exercise reduces strain on the lower back

Try to keep the weight as close to your body as you can

Back toner: Single arm rows

Rows engage the rhomboids and *latissimus dorsi*, the muscles that cover the upper back and work to eliminate bra bulges. "These muscles are often neglected because you don't see them in the mirror every day," notes Penix. "But they're key for maintaining good posture as you get older."

TO DO: Hold a 5- to 8-pound weight in your left hand. Step back with your left foot and rest your right hand on your right knee. Pull the weight straight up into your armpit, then lower back down. Do 10 reps, then switch sides.

If you're struggling to keep your back flat, place your hands under your tailbone

Belly flattener: Reverse crunches

This move is Cheryl's secret to avoiding a dreaded menopot! Penix explains that it targets the hard-to-reach lower abs, working to tuck in a belly bulge and strengthen the core to help prevent pesky lower-back pain.

TO DO: Lie on your back with your arms at your sides and legs straight. Keeping your back flat on the ground and your legs as straight as you can, lift your left leg until it is perpendicular to the ground, then lower back down. As you're lowering, raise your right leg up. That's one rep; do 10 total.

ROWAN DALY, H&M; CARMÉ TENUTA, STYLIST; LINDA MEDVENE, SHOT AT THE SHERATON UNIVERSAL HOTEL. TEXT: ALYSSA ROSENTHAL



The surprising power of a loving embrace

Getting a hug from your husband after dealing with a tough customer at work has bigger benefits for your well-being than you may realize, say researchers in the journal *PLOS ONE*. They spoke with more than 400 people every night for two weeks to find out about conflicts they'd had, hugs they'd gotten and day-to-day shifts in mood. The results: Hugging someone on the day of a conflict was tied to feeling less distressed not only right afterward, but the next day. The authors speculate that hugs remind you people have your back, shoring up confidence to help you overcome problems.

Permission to take a break

Instead of pressuring yourself to make a choice when you're torn between the pros and cons, try sleeping on it—a little shuteye could help you achieve clarity, say researchers at the University of Bristol in the U.K. They tracked brain activity in study participants exposed to different types of information, some of it subliminal or hidden. What they discovered: People who dozed for 90 minutes were better able to access subconscious insights than those who didn't nod off. Why? The research suggests that when we sleep, our brains are able to process important details picked up below our conscious awareness.

Easy productivity booster

Taking a few deep breaths when you're stressed will not only bring on calm, it could help you get more done, suggests new research at Penn State University. Subjects answered questions about their stress levels and ability to focus and problem-solve multiple times a day for two weeks. The results? Simply *believing* the day would be stressful made it harder for people to focus, even when things turned out better than expected. Researchers say anticipatory stress affects the brain's ability to juggle information, but relaxing makes it easier to power through.

Fix for stalled negotiations

If you need to get a colleague on board with a new project, invite her out to lunch and share an appetizer—it'll be easier to persuade her to team up with you, say researchers at the University of Chicago. When they had people negotiate with a partner while eating chips and salsa from the same bowl or separate dishes, those who shared reached an agreement 30% faster. The reason: Sharing food brings us together and strengthens bonds, increasing our willingness to collaborate.



Simple trick to preserve memories

You're excited to pass down a necklace to your granddaughter that was gifted to you at her age, but you're also a bit sad to part with the family heirloom. What can help: Take a moment to close your eyes and pay attention to how the locket and chain feel in your hand. In a study in the journal *Psychological Science*, subjects wore blindfolds and touched various objects, noting their texture, shape and weight. A week later, they achieved high accuracy on a surprise recall test, remembering even subtle details. It seems touch provides added sensory input that helps secure objects in memory.

GETTY (2), TEXT: KATIE HYNES

17

Number of different facial expressions that convey happiness

SOURCE: Ohio State University

It Lights Up

The Illuminated “Delicate Treasures”

Glass Garden Gazebo
with built-in lights!

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and hand-painted butterfly
garden that never fades or wilts

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with a gleaming glass “gazebo”
that keeps it clean and dust-free

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In the light of a rising sun, a trio of butterflies appears in a blossom-filled garden, their delicate wings seemingly carried upon a gentle breeze. Now, butterfly gardens inspire a masterpiece of floral splendor, sculpture, genuine glass and light! Introducing the Illuminated “Delicate Treasures” Glass Garden Gazebo, an everlasting presentation of hand-cast blossoms and butterflies inside a “gazebo” crafted of real glass with a golden frame. This work of art has been designed with lights tucked within and around the sculpted garden. For a finishing touch, the top center panel of the glass gazebo is adorned with a reminder that “*All things grow with love.*” Best of all, this garden scene never needs tending or watering!

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*For information on sales tax you may owe to your state, go to bradfordexchange.com/use-tax

bradfordexchange.com/29142

Shown smaller than actual size of about 10^{1/8} inches tall.
Requires batteries (not included).

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Do you

With all the curveballs life throws at us, it's easy to get stuck in a worry spiral.

Thankfully, experts say there are easy, empowering ways to shut off fear and spark joy

Delicate crocus buds announce the arrival of spring. Golden sunshine warms the air. The hope and possibility of the season are as real as the chocolate bunnies you're tucking into Easter baskets for the little ones in your life. Yet, rather than savor the moment, you're distracted by the familiar refrain of intrusive fears, ranging from practical concerns such as, *What if my car breaks down again?* to more emotional apprehensions like, *What if I end up all alone?* And while our brains are hardwired to imagine worst-case scenarios so we can prepare for every outcome, the whisper of what-ifs can easily grow into a deafening roar, hijacking our moods and preventing us from truly enjoying what *is*: the joy of now.

"More than 38% of us experience chronic fear, where we worry every day," reveals psychologist Robert L. Leahy, Ph.D., author of *The Worry Cure*. "But the good news is that 85% of the events we fret over never happen." And what about the remaining 15%? "Just one year after a negative life event—such as getting laid off or going through a divorce—80% of us are back to the same level of contentment as *before* it happened." In other words, we overestimate the challenges ahead and underestimate our resilient spirits.

Read on for simple strategies that help ward off the what-ifs and soothe stress with the grit, strength and optimism you already have within you.



have what-if-itis?

THE FEAR

"What if I CAN'T DO IT AND I FAIL?"

You've just been promoted and are excited about your new role—but at the same time, doubts about whether you can handle it creep into your mind and your mood goes from gung-ho to oh-no. "Thinking about how we might fail can become a self-fulfilling prophecy," cautions Jennice Vilhauer, Ph.D., author of *Think Forward to Thrive*. "And because negative emotions inhibit problem-solving, it becomes hard to strategize ways to succeed."

THE FIX

Change the channel

Switch your emotional "frequency" by doing something you enjoy, like calling a friend or taking a walk, urges Vilhauer. "While worrying about what can go wrong causes tunnel vision, joy *broadens* your perspective, letting you plan ahead. When we expect things to go well, it's easier to find ways to bring about that expectation."

THE FEAR

"What if THEY DON'T LIKE/LOVE ME?"

Spearheading the church bake sale, planning a party for your best friend and giving your sister relationship advice are all in a day's work...and it's exhausting. Yet you worry that if you say no, you won't be valued, or even included. Feelings of unworthiness are among the hardest fears to extinguish because they tend to be deeply rooted. Confirms Leahy, "These concerns can be the most subtle and intrusive, pulling our focus from the present moment."

THE FIX

Try *active* mindfulness

Jot down your what-if like, *What if I'm not worthy of love?*, crumple the paper and toss it back-and-forth with a loved one, repeating, "I'm letting this fear go." "This is a physical form of mindfulness called 'embodied cognition,'" explains Leahy. "The same way smiling sparks joy, literally releasing the paper prompts the brain to release the belief or fear."

THE FEAR

"What if A LOVED ONE GETS SICK?"

After a friend reveals she's experienced a recent cancer scare, you breathe a sigh of relief that she's okay. At the same time, alarm bells go off about what you would do if something similar happened to you or a loved one. "Worrying about our own health can be *healthy*, prompting us to take care of ourselves," says Randi McCabe, Ph.D., co-author of *10 Simple Solutions to Panic*. "But when we're afraid for someone we love, it can make us feel helpless."

THE FIX

Tap practical optimism

"Instead of telling yourself loved ones will *never* get sick, reassure yourself with realistic optimism by saying, 'My family is fine right now,'" advises McCabe. "Then engage in *productive* worry—that is, taking small steps to address your fear, such as checking in on an aging relative or sharing a healthy recipe with a loved one. Taking action quells anxiety."

THE FEAR

"What if THE WORST HAPPENS?"

You plan a long overdue vacation, but your excitement is soon eroded by fears that start out small, such as the specter of a canceled flight, and escalate fast: *What if the plane goes down?* "Our brains have the capacity to magnify worries until they're all we can think about," says physician and minister Carol Peters-Tanksley, M.D., author of *Overcoming Fear & Anxiety Through Spiritual Warfare*. "Yet studies show we can consciously choose where to direct our attention and make a shift from dread to hope."

THE FIX

Practice "collaborative" coping

How to stop catastrophizing? Harness spiritual strength, urges Dr. Peters-Tanksley. "There are three styles of spiritual coping: (1) *self-directing*, believing it's all up to you to solve problems, (2) *deferential*, looking to a higher power and (3) *collaborative*, meaning you team up with a higher power," she explains. "Collaborative coping is the most effective because it helps you let go of what you can't control and take charge of what you can." She suggests a two-part prayer: Consider asking God (or the universe, nature or any higher power you believe in) for help, then ask what *you* can do. This synergistic approach works for people of every faith and reminds us that we don't have to face challenges alone.

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Easy and
delicious
crowd-
pleasers

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Spectacular spring treats

These effortlessly
elegant mains,
toss-together
sides and so-cute
desserts are sure
to impress without
the stress



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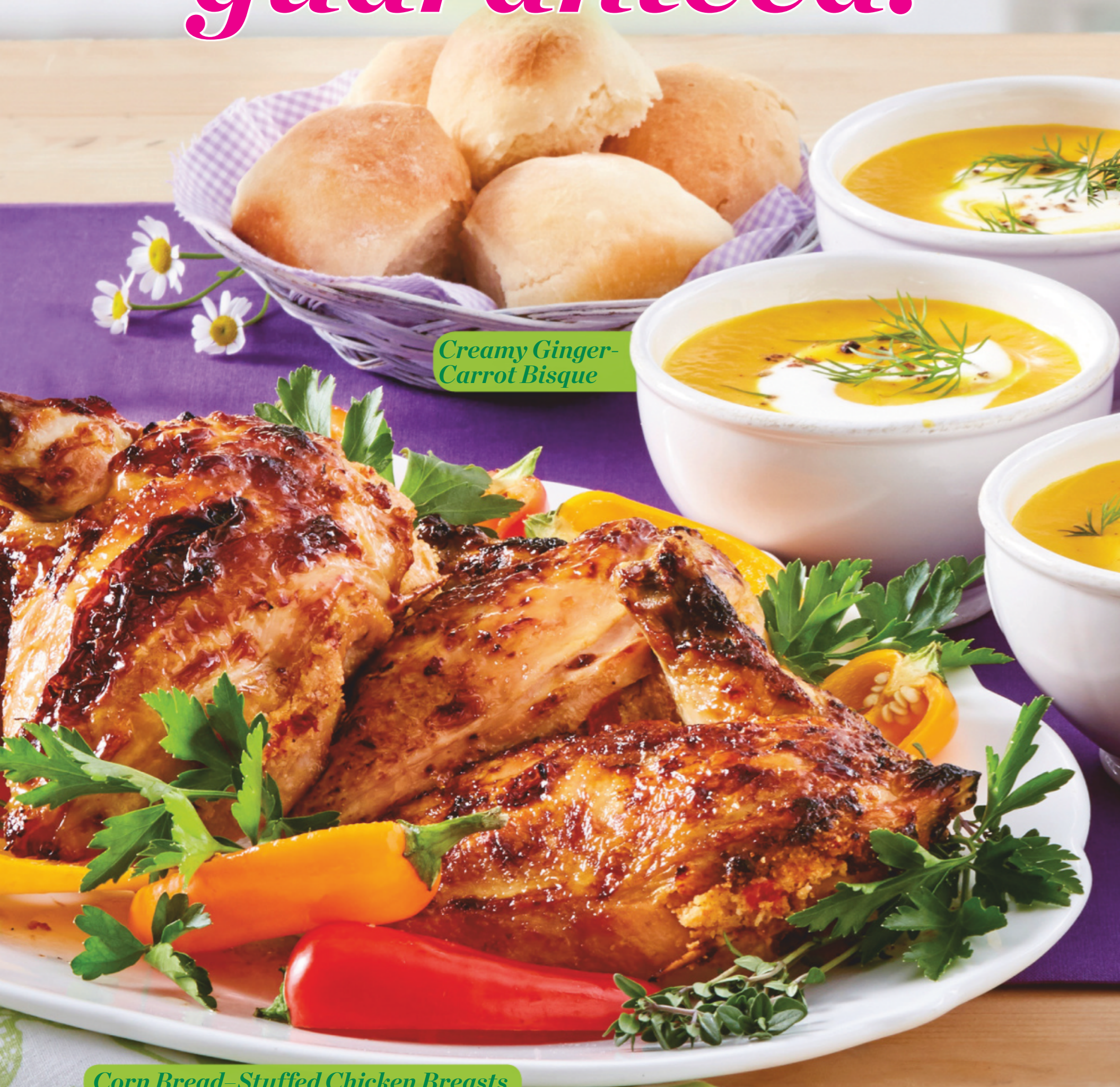


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20-
page
mini
mag

pull out
&
save

“Seconds please” *guaranteed!*



*Creamy Ginger-
Carrot Bisque*

Corn Bread–Stuffed Chicken Breasts



Spring-fresh
twists on
comfort food
favorites

*Layered Carrot
Cake Cheesecake*

How we made it healthier

Carrots fight fatigue. This root veggie gives our bisque an earthy sweetness and a hefty dose of carotenoids. These antioxidants help regulate the pancreas' output of insulin to slash energy-sapping blood-sugar swings by 42%.

Spring Pilaf with Frizzled Leeks

Fabulous stuffed chicken



Corn Bread–Stuffed Chicken Breasts

ACTIVE TIME: **20 min.** TOTAL TIME: **1½ hrs.** SERVES: **6**

Tender corn bread and smoky roasted red peppers elevate this easy-prep main with amazing flavor and hearty texture, setting the stage for a mouthwatering start to a winning weeknight meal

- 4** (10–12 oz. each) **bone-in, skin-on chicken breast halves**
- ⅔ cup dry corn bread stuffing mix**, such as Stove Top
- ¼ cup chopped, drained roasted red peppers**
- 2 Tbs. oil**
- ½ tsp. dried thyme**

① Heat oven to 400°F. Cut 5"-wide pocket into edge of each breast half, cutting almost to bone. Sprinkle 1 tsp. salt and ½ tsp. pepper inside pocket and on outside of chicken.

② In bowl, combine stuffing mix with ½ cup warm water; let stand until water is absorbed, 2–3 min. Stir in peppers. Divide mixture among pockets; secure openings with toothpicks.

③ Heat oil in ovenproof skillet over medium-high heat. Add chicken, skin-side down; cook 6–8 min., until skin is browned. Turn chicken skin side up; sprinkle with thyme. Season to taste with salt and pepper. Transfer skillet to oven. Roast 40–45 min., until no longer pink near bones. Remove picks before serving. Garnish with mini pepper halves and parsley, if desired.

Per serving: Cal. 289 Pro. 37g Carb. 4g Fiber 1g Sug. 0g Chol. 102mg Sod. 565mg Total fat: 12g Sat. 3g Trans. 0g

EVEN EASIER! To speed this luscious dish to your family's dinner table, skip cutting pockets in the chicken and filling them with stuffing. Instead, bake breasts 30–40 min. and serve the stuffing prepared as directed on the side.



Creamy Ginger-Carrot Bisque

ACTIVE TIME: **20 min.** TOTAL TIME: **1 hr.** SERVES: **6**

Fresh ginger and curry powder kick up the wow factor of this soup that's loaded with energizing beta-carotene

- 1 Tbs. oil**
- 1 lb. carrots**, cut into 1" pieces
- 2 ribs celery**, cut into 1" pieces
- 1 onion**, chopped
- 1 Tbs. chopped, peeled fresh ginger**
- ¾ tsp. curry powder**
- ½ tsp. dried thyme**
- 2 (14.5 oz.) cans low-sodium chicken broth**
- ½ cup heavy cream**
- 2 Tbs. honey**

① Heat oil in pot over medium heat. Add carrots, celery, onions, ginger, curry powder, thyme and 1 tsp. salt. Cook 4–5 min., until vegetables start to soften, stirring often. Add broth and 1½ cups water. Cover; simmer 45 min. or until vegetables are very tender. Let cool slightly.

② In batches, transfer soup to blender. Cover and purée until smooth. Return soup to pot over low heat; add cream and honey. Cook until heated, stirring occasionally. Serve garnished with yogurt and chopped dill, if desired.

Per serving: Cal. 157 Pro. 2g Carb. 17g Fiber 3g Sug. 13g Chol. 23mg Sod. 703mg Total fat: 10g Sat. 5g Trans. 0g



DAIRY-FREE
GLUTEN-FREE

Spring Pilaf with Frizzled Leeks

ACTIVE TIME: 10 min. TOTAL TIME: 30 min. SERVES: 6

Crispy fried leeks add a touch of rich savoriness to this side, but french-fried onions can also work in a pinch

- 1 cup uncooked **white rice**
- 8 oz. **asparagus**, trimmed and cut into $\frac{3}{4}$ " pieces
- 1 cup frozen **peas**, thawed
- 2 Tbs. **butter**
- 1 tsp. grated **lemon zest**
- $\frac{1}{2}$ cup **oil**
- 1 **leek**, (white and green parts only), cut into 2"-long matchsticks
- 2 Tbs. chopped **fresh mint**

① Prepare rice according to package directions, adding asparagus and peas during last 5 min. of cooking. Remove from heat; stir in butter, lemon zest, $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. black pepper until well combined. Transfer to serving platter; tent with foil to keep warm.

② Meanwhile, heat oil in nonstick skillet over medium-high heat until sizzling. Carefully add leeks; cook 2–3 min., until golden and crisp, stirring occasionally. Using slotted spoon, transfer leeks to paper towel-lined plate to drain. Just before serving, top rice mixture with leeks and sprinkle with fresh mint. Serve warm.

Per serving: Cal. 197 Pro. 4g Carb. 30g Fiber 2g Sug. 2g Chol. 10mg Sod. 233mg Total fat: 6g Sat. 3g Trans. 0g



Layered Carrot Cake Cheesecake

ACTIVE TIME: 1 hr. TOTAL TIME: 6 hrs. SERVES: 12

Nutty carrot cake meets bright orange-scented cheesecake in this luscious showstopper

- 1 (15.25 oz.) pkg. **carrot cake mix**
- 7 **eggs**
- $\frac{2}{3}$ cup **oil**
- 24 oz. **cream cheese**, at room temp.
- $\frac{1}{4}$ cups **sugar**
- $\frac{1}{4}$ cup **heavy cream**
- $\frac{1}{4}$ cup **all-purpose flour**
- 1 tsp. grated **orange zest**

① Heat oven to 350°F. Grease 9"x3" springform pan and 9" round cake pan. Prepare cake mix according to package directions with 3 eggs, oil and 1 cup water. Divide between pans. Bake 20–25 min., until toothpick inserted into centers comes out clean. Cool. Reserve 9" round cake for snacks. Reduce oven temp. to 300°F.

② On medium speed, beat cream cheese and sugar until fluffy. On low speed, beat in remaining eggs one at a time. Add cream, flour and zest; beat until smooth. Pour over cake in springform pan. Bake 1 hr. or until set in center. Run knife along edge to loosen from pan. Cool. Refrigerate overnight. Remove side from pan. Garnish with pecans and orange zest.

Per serving: Cal. 477 Pro. 8g Carb. 41g Fiber 0g Sug. 31g Chol. 148mg Sod. 342mg Total fat: 32g Sat. 14g Trans. 1g

5-ingredient wow-itizers

These spring-fresh starters are packed with the season's most vibrant produce, plus they're a cinch to toss together!

Bacon-Wrapped 'Shrooms

Smoky bacon, mozzarella and sun-dried tomatoes turn mushroom caps into savory delights. *To make:* Remove stems from 12 mushrooms. Wrap each cap in $\frac{1}{2}$ strip of bacon; secure with toothpicks. Fill caps with 1 Tbs. grated mozzarella, $\frac{1}{2}$ tsp. chopped sun-dried tomatoes and chopped basil. Bake on greased pan at 425°F for 18–20 min. or until bacon is crisp.



Zesty Beet Hummus

This colorful homemade hummus boasts an irresistible sweet, earthy flavor and a bevy of liver-nourishing phytonutrients. *To make:* In food processor, purée $1\frac{1}{2}$ cups drained canned chickpeas, 2 drained canned beets, 2 Tbs. tahini, 1 Tbs. olive oil, 1 tsp. fresh lemon juice, $\frac{1}{2}$ tsp. ground cumin and 1 clove garlic until smooth. Season to taste with salt and lemon juice.



Mini Quiche Cups

Savory fresh herbs and bold Parmesan give these adorable brunch bites sophisticated flavor. *To make:* Grease 18 mini-muffin cups. Whisk 6 eggs; add 1 cup chopped ham, $\frac{3}{4}$ cup chopped spinach, 2 chopped scallions and $\frac{1}{2}$ cup grated Parmesan cheese. Divide among cups. Bake at 350°F for 12–15 min. until set.



Serve up Easter joy



Easy brunch buffet
delights packed with
seasonal veggies



*Leek & Pea Soup with
Chicken Skewers*



*Carrot-Dill Puff
Pastry Quiche*





*Smoked Salmon, Egg
and Avocado Sliders*

How we made it healthier

Roasting bacon cuts fat, not flavor. Cooking our savory appetizer on a rack in the oven allows excess grease to drain off, so it comes out extra crispy with 30 fewer calories and 2 fewer grams of fat per serving.



*Honey-Thyme Bacon-
Wrapped Asparagus*

Light & luscious brunch



Leek & Pea Soup with Chicken Skewers

ACTIVE TIME: **45 min.** TOTAL TIME: **1 hr.** SERVES: **8**

Brimming with protein, fiber and antioxidants, this winning starter also makes a filling lunch or light dinner

- 8 oz. boneless, skinless chicken breast halves**, cut into 8 strips
- 2 tsp. olive oil**
- 3 tsp. balsamic vinegar**
- 2 Tbs. butter**
- 2 leeks**, about 1 lb., white and light green parts only, *chopped*
- 8 oz. Yukon Gold potato**, peeled and *chopped*
- 5 cups low-sodium chicken broth**
- 2 (13 oz.) pkgs. frozen peas**, *thawed*
- 4 tsp. fresh tarragon**

1 In bowl, combine chicken, oil, 2 tsp. vinegar, $\frac{1}{8}$ tsp. salt and $\frac{1}{8}$ tsp. pepper. Cover; refrigerate at least 30 min.

2 In large pot over medium heat, melt butter. Add leeks;

cook, stirring often, until softened, about 6 min. Add potato, broth, $\frac{1}{4}$ tsp. salt and $\frac{1}{4}$ tsp. pepper; over high heat, bring to a boil. Reduce heat to medium-low. Cover; cook until potatoes are almost tender, 10 min. Add peas; cover. Cook until tender, 7–8 min. Stir in tarragon. Cool slightly. In batches, in covered blender, purée until smooth.

3 Position oven rack so top of baking sheet will be 4" from heat source; heat broiler. Line baking sheet with foil. Thread each chicken piece onto 1 skewer; place on baking sheet. Broil 3–4 min. until no longer pink. Brush with remaining vinegar. Serve with soup. Garnish with scallions and chili pepper, if desired.

Per serving: Cal. 172 **Pro.** 12g **Carb.** 21g **Fiber** 5g **Sug.** 6g **Chol.** 24mg **Sod.** 410mg
Total fat: 4g **Sat.** 2g **Trans.** 0g



Carrot-Dill Puff Pastry Quiche

ACTIVE TIME: **25 min.** TOTAL TIME: **1 hr.** SERVES: **8**

As delicious as it is stunning, this easy-prep tart is sure to be the star of any brunch buffet spread or spring potluck

- 2 small carrots**
- 1 sheet frozen puff pastry dough**, from 17.3-oz. pkg., *thawed*
- 1 $\frac{1}{4}$ cups half-and-half**
- 4 eggs**
- 8 oz. goat cheese**, at room temp.
- $\frac{1}{4}$ cup chopped fresh dill**

1 Heat oven to 400°F. Cut each carrot crosswise into 4"-pieces; lengthwise cut each piece into 6 wedges. In pot of boiling water, cook until almost tender, about 6 min.; drain. Rinse under cold water; pat dry.

2 Coat 12" nonstick oven-proof skillet with cooking

spray. On lightly floured surface, roll dough into 12" square; transfer to skillet. Pleat corners as needed to make dough sheet round with edge that comes up side of pan 1"; with fork, prick bottom. Bake 15 min. or until golden.

3 In bowl, whisk half-and-half, eggs, 4 oz. goat cheese, dill, $\frac{1}{2}$ tsp. salt and $\frac{1}{2}$ tsp. pepper; pour into crust. In filling, arrange carrot pieces in spoke pattern. Drop heaping teaspoons of remaining goat cheese over top. Bake 20 min., or until knife inserted into center comes out clean. Cool slightly on rack, about 10 min. before serving.

Per serving: Cal. 297 **Pro.** 12g **Carb.** 20g **Fiber** 1g **Sug.** 5g **Chol.** 129mg **Sod.** 368mg
Total fat: 21g **Sat.** 12g **Trans.** 0g

MAKE IT EXTRA-HEARTY! For a meatier version of our quiche, simply toss $\frac{1}{4}$ cup of chopped baked ham into the goat cheese filling before pouring it into the crust

spread



DAIRY-FREE
GLUTEN-FREE

Honey-Thyme Bacon-Wrapped Asparagus

ACTIVE TIME: 20 min. TOTAL TIME: 50 min. SERVES: 8

These addictive sweet 'n' savory veggie bites are even more irresistible dunked in rich soft-boiled egg yolks

- 16 large asparagus spears, about 1¼ lbs., trimmed
- 8 slices bacon, halved crosswise
- 2 Tbs. honey
- 1 tsp. chopped fresh thyme
- 8 eggs

1 Heat oven to 450°F. Line rimmed baking sheet with foil; top with cooling rack. Coat asparagus with cooking spray; sprinkle with a pinch each of salt and pepper. Stretch each piece of bacon to 8"-9"; wrap 1 piece tightly around each spear. Place on rack seam side down.

2 Cover asparagus tips with foil. Bake 20 min. Meanwhile, in microwave-safe bowl, combine honey and thyme; microwave in 5-sec. intervals until melted. Brush over asparagus. Bake 5-10 min. until bacon is crisp. Cool slightly.

3 Meanwhile, bring large pot of water to boiling; add eggs. Cook 6 min.; drain. Serve with asparagus.

Per serving: Cal. 131 Pro. 9g Carb. 6g Fiber 1g Sug. 5g Chol. 192mg Sod. 295mg Total fat: 8g Sat. 2g Trans. 0g



Smoked Salmon, Egg and Avocado Sliders

ACTIVE TIME: 20 min. TOTAL TIME: 20 min. SERVES: 8

Zesty lemon aioli punches up the flavor of our elegant sandwiches that take just 20 minutes to toss together

- ⅓ cup mayonnaise
- 1 tsp. grated lemon zest
- 1 tsp. lemon juice
- 8 slider rolls, split
- 8 oz. sliced smoked salmon
- 1 avocado, pitted, peeled, quartered and sliced
- 1 cup baby arugula
- 2 hard-boiled eggs, each cut into 4 slices
- ¼ cup sour cream
- ⅛ tsp. cracked pepper

1 In bowl, combine mayonnaise, lemon zest and juice; spread over cut sides of rolls. Top bottom halves of rolls with smoked salmon, avocado, arugula, egg slices and dollop of sour cream. Sprinkle with pepper; cover with roll tops.

Per serving: Cal. 266 Pro. 12g Carb. 23g Fiber 3g Sug. 4g Chol. 60mg Sod. 411mg Total fat: 16g Sat. 3g Trans. 0g

FRESH LEMON TIP: To get the most juice from a lemon, always start with fruit that's at room temperature. To quickly bring cold citrus to room temperature, microwave in 10-second intervals, turning, until the chill is removed

Winning ways to use up hard-boiled eggs

Our quickie recipes will have you looking forward to eating through the spoils of your annual Easter egg hunt

Shrimp Deviled Eggs

This twist on a classic appetizer is extra-satisfying, thanks to protein-packed shrimp. **To make:** Slice 4 peeled eggs in half lengthwise; scoop out yolks. Mix yolks with ⅓ cup Thousand Island dressing, ¼ cup chopped cooked shrimp and 1 Tbs. chopped fresh parsley; season to taste with salt and pepper. Spoon yolk mixture into egg white halves; garnish with parsley leaves. Serves 4-8



Prosciutto & Egg Tartines

Crispy prosciutto adds salty goodness to these gourmet toasts that make a perfect speedy snack. **To make:** Mix 4 peeled and chopped eggs, ⅓ cup mayo, 1 Tbs. Dijon mustard and 1 Tbs. chopped chives; season with salt and pepper. In skillet over medium heat, crisp 2 slices prosciutto. Top 4 slices toasted french bread with basil, egg salad, prosciutto and cherry tomatoes. Serves 4



Smoked Turkey Wraps

These fresh roll-ups are great to prep ahead for easy-to-grab lunches during the week. **To make:** Steam 4 oz. green beans; cool. Slice 4 peeled hard-boiled eggs. Mix 2 Tbs. mayo and 1 tsp. lemon juice; spread over 2 wheat wraps. Layer Swiss cheese, deli turkey and egg slices on top. Arrange green beans over eggs; roll up. Slice in half. Serves 2



30-minute spring

Fresh & flavorful dinner winners that make getting a healthy meal on the table a cinch!

Herb-Kissed Spaghetti & Meatballs

ACTIVE TIME: **10 min.**

TOTAL TIME: **30 min.** SERVES: **6**

- 12 oz. spaghetti**
- 1 (24 oz.) jar marinara sauce**
- 1 (14.5 oz.) can diced tomatoes with basil, garlic and oregano, drained**
- ½ cup drained sliced green olives**
- 1 (16 oz.) pkg. frozen bite-size meatballs, heated**
- ⅓ cup shredded Parmesan cheese**
- 2 Tbs. chopped fresh basil or parsley**

Per serving: Cal. 544 Pro. 23g Carb. 62g
Fiber 7g Sug. 11g Chol. 55mg Sod. 1,392mg
Total fat: 23g Sat. 7g Trans. 0g

Tangy olives, fresh herbs and rich Parmesan upgrade convenient jarred sauce and frozen meatballs into a restaurant-worthy meal

- 1** Cook spaghetti according to package directions. Drain and return to pot.
- 2** Meanwhile, in separate pot over medium-low heat, combine sauce and tomatoes. Cover; cook, stirring occasionally, 7–8 min., until heated through. Add spaghetti and olives; transfer to serving bowl. Top with meatballs, Parmesan and basil as desired.

Slimming swap “Zoodles”

For a low-carb take on this comfort-food favorite, swap in zucchini noodles for spaghetti. To do: Cut 2 zucchini into thin strands with a spiralizer or julienne veggie peeler; microwave 1 min. or until crisp-tender. Short on time? Cooked frozen zoodles, like Green Giant, can work—just follow package directions.



FOOD & PHOTO: ROB SHAW-STAFF; GETTY; SHUTTERSTOCK

pasta sensations

Warm Antipasto Penne Toss

ACTIVE TIME: 10 min.

TOTAL TIME: 30 min. SERVES: 4

- 8 oz. ziti pasta**
- 1 cup diced pepperoni** (4 oz.)
- 1 zucchini** (8 oz.), cut into 1/4"-thick slices
- 2 cups cherry tomatoes**, halved
- 1/4 cup pesto sauce**
- 1/4 cup olive oil & vinegar salad dressing**
- 1/2 cup shredded Parmesan cheese**
- 1/2 cup fresh basil leaves**

Per serving: Cal. 555 Pro. 19g Carb. 49g
Fiber 4g Sug. 6g Chol. 35mg Sod. 857mg
Total fat: 31g Sat. 9g Trans. 0g

This hearty veggie-packed pasta is a great way to stretch 1 cup of pepperoni into a satisfying, budget-friendly dinner for four

1 Cook pasta according to package directions; drain, reserving 1/4 cup cooking water. Meanwhile, in 12" nonstick skillet over medium heat, cook pepperoni, stirring occasionally, 4–5 min., until lightly browned. With slotted spoon, transfer to large bowl; reserve.

2 In drippings in skillet, cook zucchini, turning, 2–4 min. per side, until browned and crisp-tender; add to pepperoni in bowl with pasta, tomatoes, pesto, dressing and reserved cooking water; toss well. Top with cheese and basil.

Slimming swap

Chickpea ziti

To keep this meal gluten-free and give it an extra nutrition boost, use a bean-based ziti, like Banza Chickpea Ziti (available at supermarkets). The legumes give it a toothsome texture that is almost indistinguishable from wheat pasta, and they deliver an impressive 14 grams of metabolism-revving protein per serving.



Ham, Pea & Avocado Fusilli

ACTIVE TIME: **15 min.**

TOTAL TIME: **30 min.** SERVES: **4**

- 8 oz. fusilli pasta**
- 8 oz. thin asparagus**, trimmed and cut into 2" pieces
- 1 tsp. olive oil**
- 4 oz. deli-sliced ham**, cut into 1" pieces
- 1 large tomato**, seeded and cut into 1" chunks
- ¼ cup + 2 Tbs. pesto sauce**
- 1 lemon**, zested and juiced
- 1 avocado**, pitted, peeled and cut into ½" pieces
- ¼ cup Parmesan cheese shavings**
- ¼ cup fresh basil leaves**

Per serving: Cal. 473 Pro. 18g Carb. 54g
Fiber 7g Sug. 7g Chol. 21mg Sod. 803mg
Total fat: 22g Sat. 4g Trans. 0g

Zesty lemon and nutty pesto melt into a luscious sauce that pairs perfectly with the hint of smokiness from the ham

1 Cook pasta according to package directions, adding asparagus during last 3 min. of cooking; drain, reserving ½ cup cooking water.

2 Heat oil in same pot over medium heat. Add ham; cook, stirring, 2–3 min., until lightly browned. Add tomato; cook, stirring, 2–3 min., until softened. Add pasta mixture, ¼ cup pesto, ¼ tsp. salt, ⅛ tsp. pepper and reserved cooking water. Cook, stirring, 1 min. Remove from heat; stir in 1 Tbs. lemon juice and 1 tsp. zest, then avocado. Transfer to serving platter; dollop remaining pesto on top. Serve topped with Parmesan and basil.

Slimming swap

Quinoa fusilli

For a good-for-you twist, substitute in a quinoa pasta, like Nature's Earthly Choice (available in grocery stores). The protein-packed ancient grain delivers the nine essential amino acids needed to rev metabolism and maximize fat burning. What's more, the pasta suppresses hunger cravings for up to four hours.





Creamy Salmon & Gnocchi Skillet

ACTIVE TIME: **10 min.**

TOTAL TIME: **30 min.** SERVES: **4**

- 1** (17.5 oz.) **pkg. gnocchi**
- 12 oz.** (1"-thick) **salmon fillet**, skin removed and cut into 1½" pieces
- 1 tsp. olive oil**
- 1** (16 oz.) **jar Alfredo sauce**
- 1 cucumber**, peeled, halved lengthwise and cut crosswise into ¼"-thick slices
- 1 Tbs. chopped fresh dill**
- 2 Tbs. pesto sauce**

Per serving: Cal. 616 **Pro.** 29g **Carb.** 59g
Fiber 4g **Sug.** 4g **Chol.** 132mg **Sod.** 1,638mg
Total fat: 28g **Sat.** 12g **Trans.** 0g

Pillowy gnocchi, flaky salmon and rich Alfredo get a shot of bright flavor, thanks to fresh dill and a dab of pesto

1 Cook gnocchi according to package directions; drain, reserving 1 cup cooking water. Sprinkle ¼ tsp. salt and ⅛ tsp. pepper over salmon. Heat oil in nonstick skillet over medium heat. Add salmon; cook 2–3 min., until browned. Turn pieces over; cover and cook 2–4 min., until opaque. Remove; reserve.

2 In clean skillet, mix sauce, cucumbers, ⅛ tsp. pepper and ½ cup reserved cooking water. Bring to a boil; over medium-low heat, cook 2–3 min., until hot and cucumbers soften. Stir in gnocchi; heat, 1 min., adding more water if needed to thin sauce. Top with salmon, dill and pesto.

Slimming swap

Sweet potato gnocchi

Replacing traditional potato-based gnocchi with some made from sweet potatoes, like Gia Russa (Amazon.com) gives this comforting dish an easy health boost. That's because the spuds inhibit the activity of enzymes that convert carbs into glucose. This slows the release of glucose into the bloodstream, warding off fatigue and weight gain.



Save precious time with these shopping lists

FABULOUS STUFFED CHICKEN FEAST



Corn Bread–Stuffed Chicken Breasts

- 1 box Stove Top corn bread stuffing mix
- 1 (2 oz.) container dried thyme
- 1 (12 oz.) jar roasted red peppers
- 4 (10 oz.–12 oz. each) bone-in, skin-on chicken breast halves

Creamy Ginger-Carrot Bisque

- 1 (2 oz.) container curry powder
- 1 (2 oz.) container dried thyme
- 2 (14.5 oz.) cans low-sodium chicken broth
- 1 lb. carrots
- 1 bunch celery
- 1 onion
- 1 chunk fresh ginger
- 1 pint heavy cream

Spring Pilaf with Frizzled Leeks

- 1 (32 oz.) bag white rice
- 1 bunch asparagus
- 1 lemon
- 1 leek
- 1 bunch fresh mint
- 1 (12 oz.) frozen peas

Layered Carrot Cake Cheesecake

- 1 (15.25 oz.) pkg. carrot cake mix
- 1 (2.25 oz.) bag chopped pecans
- 1 orange
- 1 pint heavy cream
- 3 (8 oz.) pkgs. cream cheese
- 1 dozen eggs

Kitchen staples: oil, honey, butter, sugar, all-purpose flour

LIGHT & LUSCIOUS BRUNCH SPREAD



Leek & Pea Soup with Chicken Skewers

- 1 (32 oz.) container low-sodium chicken broth
- 2 leeks
- 8 oz. Yukon Gold potato
- 1 bunch fresh tarragon
- 8 oz. boneless, skinless chicken breast halves
- 2 (13 oz.) pkgs. frozen peas

Carrot-Dill Puff Pastry Quiche

- 1 bag small carrots
- 1 bunch fresh dill
- 1 qt. half-and-half
- 1 (8 oz.) container goat cheese
- 1 dozen eggs
- 1 (17.3-oz.) box frozen puff pastry dough

Honey-Thyme Bacon-Wrapped Asparagus

- 1 bunch large asparagus spears
- 1 bunch fresh thyme
- 1 dozen eggs
- 1 (16 oz.) bacon

Smoked Salmon, Egg and Avocado Sliders

- 1 (15 oz.) jar mayonnaise
- 1 (8-pack) bag slider rolls
- 1 lemon
- 1 avocado
- 1 (5 oz.) bag baby arugula
- 1 (8 oz.) pkg. sliced smoked salmon
- 1 (8 oz.) container sour cream
- 1 dozen eggs

Kitchen staples: eggs, butter, olive oil, honey, balsamic vinegar, cracked pepper

30-MINUTE SPRING PASTA SENSATIONS



Spaghetti and Meatballs

- 1 (12 oz.) box spaghetti
- 1 (24 oz.) jar marinara pasta sauce
- 1 (14.5 oz.) can diced tomatoes with basil, garlic and oregano
- 1 (7 oz.) jar sliced green olives
- 1 bunch fresh basil or parsley
- 1 (16 oz.) pkg. frozen bite-size meatballs
- 1 (6 oz.) bag shredded Parmesan cheese

Antipasto Penne Toss

- 1 (8 oz.) box ziti pasta
- 1 (6 oz.) jar pesto sauce
- 1 (8 oz.) olive oil & vinegar dressing
- 1 zucchini
- 1 (10 oz.) pkg. cherry tomatoes
- 1 bunch fresh basil leaves
- 1 (4 oz.) pkg. pepperoni
- 1 (6 oz.) bag shredded Parmesan

Ham & Veggie Fusilli

- 1 (8 oz.) box fusilli pasta
- 1 (6 oz.) jar pesto sauce
- 8 oz. thin asparagus
- 1 lemon
- 1 tomato
- 1 avocado
- 1 bunch fresh basil leaves
- 4 oz. deli-sliced ham
- 1 (5 oz.) container Parmesan cheese shavings

Creamy Salmon & Gnocchi

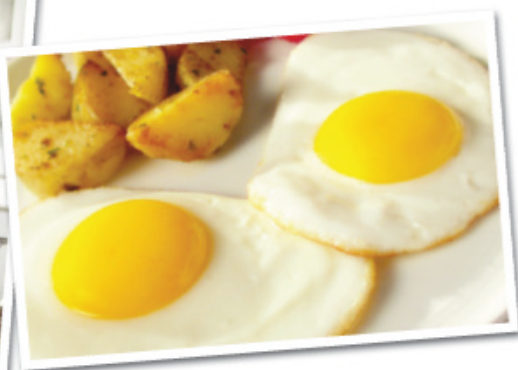
- 1 (16 oz.) jar Alfredo sauce
- 1 (6 oz.) jar pesto sauce
- 1 cucumber
- 1 bunch fresh dill
- 12 oz. (1"-thick) salmon fillet
- 1 (17.5 oz.) pkg. gnocchi

Kitchen staples: olive oil



nly

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Dazzle everyone *cookies 'n' cream*



with a dream

No-bake easy and 5-star fabulous, this festive mile-high dessert makes a deliciously sweet end to any celebration



Cherry Chocolate Chip Ice-Cream Cake

ACTIVE TIME: 45 min. TOTAL TIME: 6 hrs. SERVES: 16

27 (2¼" wide) **soft chocolate chip cookies**

2 Tbs. **butter**, melted

1 cup **chocolate fudge ice cream**, softened

8 cups **cherry-vanilla ice cream**, from 2 (48 oz.) containers, softened

3 cups **frozen whipped topping**, thawed

⅔ cup **chocolate fudge topping**, from 12-oz. jar

Chocolate shavings

Candy-coated chocolate egg candies

① Grease 9" springform pan. In processor, pulse 17 cookies until coarse crumbs form; combine with butter. Press into bottom of pan. Freeze until firm, at least 1 hr.

② Spread chocolate ice cream in even layer over frozen crust; freeze until firm, 30 min. Coarsely crumble remaining 10 cookies; reserve. Spread cherry ice cream over chocolate ice cream; top with crumbled cookies, pressing to adhere. Spread whipped topping over cookies. Freeze until firm, about 4 hrs. or overnight.

③ When ready to serve, remove side from pan. In microwave-safe bowl, microwave fudge topping in 15-sec. intervals until pourable. Pour fudge topping over cake. Arrange chocolate shavings in a nest in cake center. Place Easter egg candies in nest center.

Pro secret to cutting perfect ice-cream cake slices

Homemade ice-cream cake is always a hit, but serving it can be a bit tricky: When it's frozen solid, it's too hard to slice through, but if you wait for it to soften, slices can quickly turn into a melted mess by the time they make it onto guests' plates.

The so-easy solution? Run your knife under hot water for 20–30 seconds before cutting into the frozen cake, rerunning under hot water as necessary. The warm knife softens the cake *only* where you cut, so you can dish up pretty slices with ease.



FOOD & PHOTO (2)

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Bunny-approved treats

Phone-friendly:

Snap and save
or share!

Easter Crunch Cookies

ACTIVE TIME: 20 min. TOTAL TIME: 1 hr. SERVES: 18

- 1 (15.25 oz.) pkg. **yellow cake mix**
- ½ cup **butter**, at room temp.
- 1 **egg**
- ⅓ cup **dark chocolate chips**
- ⅓ cup **Easter pastel Peanut M&M's**
- 3 Tbs. coarsely crushed **pink cereal**, such as Trix
- 2 Tbs. **pastel sprinkles**

Heat oven to 325°F. With mixer on medium speed, beat cake mix, butter and egg until smooth dough forms, 1–2 min. With spoon, stir in chocolate chips and M&M's. Shape 2 Tbs. dough into ball; repeat with remaining dough. Place balls 3" apart on ungreased baking sheets. Gently press to form 2"-wide rounds. Repeat with remaining balls. Press ½ tsp. cereal onto each round. Bake 13–15 min., until lightly browned on bottoms. Immediately sprinkle each with ¼ tsp. sprinkles. Cool 5 min. Transfer from pans to racks; cool completely.

Per serving: Cal. 187 Pro. 2g Carb. 25g Fiber 1g Sug. 15g Chol. 24mg Sod. 228mg
Total fat: 10g Sat. 5g Trans. 0g

Marshmallow Chick Cupcake

ACTIVE TIME: 1 hr. TOTAL TIME: 1 hr. SERVES: 24

Lemon-yellow, blue, pink and green food colorings

24 **marshmallows**

3 cups canned **white frosting**

24 **chocolate cupcakes**

Black decorating icing, fitted with writing tip

48 **orange heart sprinkles**

Light corn syrup

2 Tbs. **sweetened flaked coconut**, tinted yellow

48 **jumbo orange confetti sprinkles**

In bowl, mix ⅛ tsp. yellow food coloring with 1½ tsp. water. Brush over marshmallows. Dry 1 hr. Tint frosting as desired with blue, pink and green food colorings. Pipe over cupcakes. Pipe black icing dots onto marshmallows for eyes. For beaks, attach 2 heart sprinkles with corn syrup. Attach coconut to tops with syrup for hair. Press 2 confetti sprinkles into frosting for feet; top with marshmallows. Garnish with pastel sprinkles, if desired.

Per serving: Cal. 307 Pro. 2g Carb. 46g Fiber 1g Sug. 33g Chol. 23mg Sod. 243mg
Total fat: 13g Sat. 4g Trans. 0g



Turn for more treats



Bunny Cream Puffs

ACTIVE TIME: 1 hr. TOTAL TIME: 2½ hrs. SERVES: 12

- ½ cup Land O' Lakes **butter**
- 1 cup all-purpose **flour**
- 4 **eggs**
- 1 (3.4 oz.) pkg. instant **vanilla pudding mix**
- 1¼ cups **milk**
- 1 cup **heavy cream**, whipped
- 4 **marshmallows**
- Decorating sugar**
- 24 **mini chocolate chips**
- Black string licorice**, cut into thin ¾" pieces
- 12 **small round pink candies**

Heat oven to 400°F. In pot, bring 1 cup water and butter to a full boil. Over low heat, quickly stir in flour until ball forms; remove from heat. Beat in 1 egg at a time until smooth. Drop by ¼-cupfuls 3" apart onto ungreased baking sheets. Bake 35–40 min., until puffed. Pierce each puff with fork. Cool. Make pudding as package directs, using milk. When set, stir in whipped cream. Halve puffs. Cut each marshmallow into 3 pieces; dip cut sides in sugar. With toothpicks, attach to puff tops for ears. Insert chips for eyes. Fill puff bottoms with filling; decorate with licorice and candies. Replace tops. Remove picks before eating.

Per serving: Cal. 277 **Pro.** 5g **Carb.** 26g **Fiber** 0g **Sug.** 16g **Chol.** 107mg **Sod.** 223mg
Total fat: 17g **Sat.** 10g **Trans.** 0g

Easter Peeps Sandwich Cookies

ACTIVE TIME: 20 min. TOTAL TIME: 20 min. SERVES: 14

- 1 cup **butter**, at room temp.
- 1 container **Marshmallow Fluff**
- 2 cups **confectioners' sugar**
- ½ tsp. **raspberry extract**
- Assorted concentrated food colorings**
- 14 **soft chocolate cookies**
- 14 **assorted colors Peeps Marshmallow Chicks**

With mixer on medium speed, beat butter until fluffy. Add Marshmallow Fluff; on low speed, beat until just combined. Gradually beat in confectioners' sugar, then extract. On medium speed, beat until light and fluffy, about 2 min. Divide and tint as desired with food colorings. Transfer to separate pastry bags fitted with medium star tips. Pipe most of fillings over half of cookies; top with remaining cookies. Top each sandwich with 1 Peep, attaching with small amount of remaining fillings.

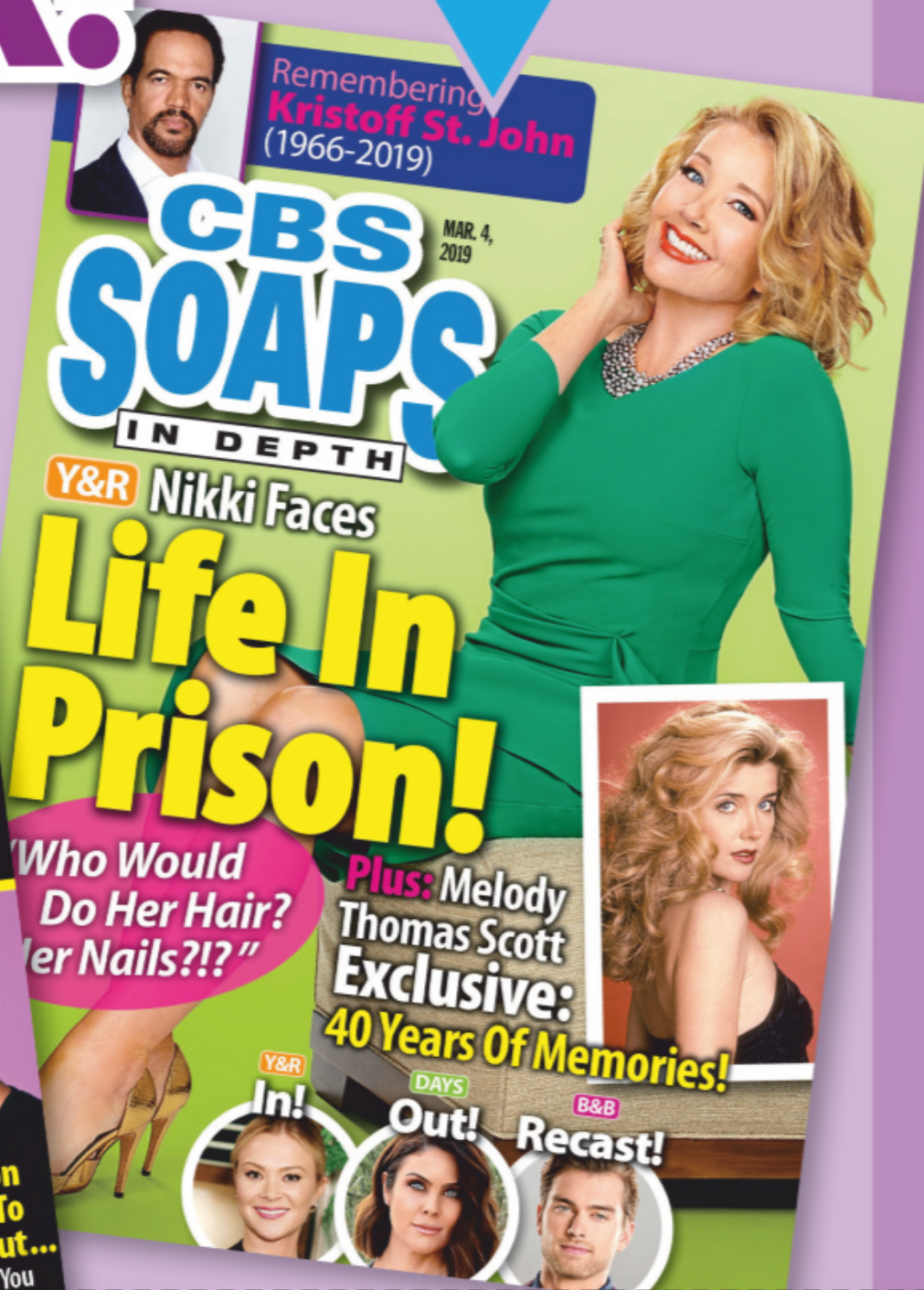
Per serving: Cal. 405 **Pro.** 2g **Carb.** 57g **Fiber** 1g **Sug.** 44g **Chol.** 45mg **Sod.** 206mg
Total fat: 19g **Sat.** 11g **Trans.** 1g



MEDIA BAKERY; FOOD (2); LAND O' LAKES COOKBOOK TEXT: BETSY JORDAN, CHARLES GRAYAUSKIE; LARELL SCARDELLI; RECIPE DEVELOPER: SUSAN CHIUANO

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PRO SECRET

Jamie Oliver's rice pudding with 50% less sugar

For a lighter take on rice pudding, chef Jamie Oliver flavors his with mango instead of sugar and milk. "It's nice and creamy," he promises in his latest cookbook, *5 Ingredients*. To make: In pot over medium heat, combine 2¾ cups of water, ⅔ cups of dry Arborio rice, 12 oz. of frozen mango chunks, 4 Tbs. of honey, 4 star anise and a pinch of salt; cover and simmer 25 minutes or until thick. Stir in 4 Tbs. of coconut yogurt. *Serves 4*



Jamie Oliver

smart swap!

- Calories cut: **209**
- Fat grams cut: **6**
- + Vitamin C mg. added: **15**

Numbers reflect 1 cup of rice pudding made with mango instead of sugar and cream



Make-and-take deviled eggs

The easy way to ensure the deviled eggs you made for the church potluck won't get smushed on the way? Place each egg half in a paper cupcake liner before arranging on your plate or container. The paper will nestle around the eggs so they won't knock into each other and create a mess. Plus, they'll make serving the appetizers a breeze.

Cut dough rise time in half

Oh, no! You lost track of time and now only have an hour to let the dough for your Easter rolls rise. The shortcut: Place an electric heating pad on the kitchen counter and set to low, then cover with a towel and place your dough bowl on top. The gentle warmth spurs yeast activity, so the dough will be doubled in size in no time.



Grilled cheese for a crowd

To make a stack of sandwiches without having to flip them one-by-one, try this: Place 2 sheet pans in the oven; heat to 400°F. Meanwhile, assemble sandwiches as usual, buttering the outsides of the bread. Carefully remove pans; arrange sandwiches on one and top with the other pan. Bake 10 min. Voilà—a whole tray full of cheesy yum!

Toss-together terrific: Zesty chicken soup in minutes!



In pot over medium heat, combine 1 qt. chicken stock



1 (16 oz.) jar salsa



3 cups shredded rotisserie chicken meat



Simmer 10 min. or until heated through; garnish with toppings as desired

Model Photo

My friends wondered what I was doing differently...

I lost lots of weight with Zuccarin Diet

My name is Josephine and I live in Toronto. I work as a nutritional planner for hospital patients. All my life I have struggled with my weight but over the last year I have finally figured it out. I am now back to my ideal weight and feeling better than ever. My friends and my fitness instructor keep asking me what I am up to and how I lost so much weight.

I READ ABOUT ZUCCARIN™

A few years back I was told my blood sugar was too high. I was tired, craving sugar and not losing weight, so the diagnosis didn't come as a surprise. My doctor wanted to start me on medications, but I wanted to try other options first.

I read about a woman in Florida who had regulated her blood sugar levels naturally

and while doing that, lost a big amount of weight. She had been using a Swedish supplement called Zuccarin.

MY WEIGHT LOSS SUCCESS

When I started using Zuccarin I first noticed that my blood sugar levels were at healthy levels.

After a while I noticed how much better I felt and how my sugar cravings were fading. As a nice added effect, it was helping my weight loss efforts greatly. I was thrilled!

Now it has been over a year, and I have lost all the weight I wanted to lose. Zuccarin has been a huge help. I strongly recommend it to anyone who has blood sugar - or weight issues, as I had.

- Josephine.T., Toronto, ON.

THE SLIMMING EFFECT OF STABLE BLOOD SUGAR LEVELS

A recent Italian study of Zuccarin™ showed the impressive weight loss results of blocking carbohydrates with mulberry leaf extract. The diet group on Zuccarin lost substantially more weight than the placebo group and their waist shrunk more as well. ¹



Model Photo

TEST YOURSELF SUGAR PROBLEMS?



- ☐ Lack of energy?
- ☐ Difficulty losing weight?
- ☐ Gaining weight around the belly?
- ☐ Sugar cravings?
- ☐ Feeling tired and irritated when lacking sugar?

These are some clues that your blood sugar levels might be unstable or too high. Try Zuccarin to promote healthy blood sugar levels and weight loss.



Zuccarin™ is the no.1 selling mulberry leaf product in the world. The tablets help block carbohydrates from being digested into simple sugar. That helps your waistline and your blood sugar levels.

1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014. /



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little things



Serve up smiles
with blooming place settings

A white coffee cup and saucer go from so-plain to so-pretty when adorned with fresh-picked primrose blossoms. It's a simple way to jazz up a table! **To do:** For each, lay a folded pink napkin on a small plate, then set a cup and saucer on top. Snip 3 primrose stems to 2", then lay them on the saucer in a row. For extra flair, sprinkle a few egg-shaped candies on the saucer and plate.



Surprise little ones
with "hidden treasure" bunnies

Hiding plastic eggs inside these paper bunnies adds a fun twist to an egg hunt! **To do:** For each, lay a treat bag flat and trim 1/2" from each long edge. Glue top shut. Snip four bunny ear shapes from white and pink paper and glue to the bag. Draw on a face. Cut a heart from pink felt, jot down a name and glue to the bag. Slip eggs in bag.

Charm a happy

*Welcome loved ones
to a sweet setting filled
with garden-inspired
flourishes*



SECRET SOURCE:
SuperMoss
InstantGreen
Moss Mat, \$17,
Walmart.com

them with *hunt brunch!*



Set the stage for joy *with a sunny springtime scene*

The key to creating a fun, festive Easter tableau: pairing spring hues with holiday-happy accents and garden-inspired flair. Here, a picnic table is topped with a pink cloth, matching napkins and sky-blue dinnerware. Sprinkling on dyed eggs and too-cute bunny accents continues the cheery, whimsical style. The wow-worthy finishing touch: a living runner! **To do:** Press cut-to-fit soaked floral foam into two long trays. Lay sheet moss on top of foam and spritz with water. Finish by pressing flower stems into the moss-covered foam and hiding tiny surprises like decorative eggs in the moss. After the party, tear up the moss and use it to cover the surface of flower pot soil, watering as needed.

A sweet spring bouquet to bring on smiles



WHAT'S NEW

This Easter, florists are thinking outside the vase by composing bright bitty bouquets in festive eggcups! “Here, various phases of fresh garden flowers—from small buds to fluffy open blossoms—mingle to create lovely, eye-catching movement,” says floral designer Melissa Varnavelias, owner of Stylish Blooms in Bristol, Connecticut. “And the petite eggcup ‘vase’ makes it a surprisingly pretty display for dressing up a side table.”

GET THE LOOK

Start by pouring a handful of gravel into an empty eggcup (to help anchor the blooms in the container); fill it with water. Snip 6 pale-pink peonies, 6 fuchsia spray roses and 2 pink garden roses to 4". Add the peonies to the cup first, spacing them out evenly and nestling stems into the gravel to secure. Add roses, then tuck in snips of leafy greenery to fill gaps. Tie ribbon around the cup, then set the cup on a saucer filled with Easter candies.

INSIDER'S SECRET

If your peony and rosebuds have only just started to open and you'd like the flowers to have a lush, fully bloomed look *fast*, try this florist trick: Gently peel back the *calyx* (green leafy petals near the stem) then peel back a few outer petals to create a fanned-out effect. Also smart: Before adding blooms to the cup, remove any leaves that fall below the waterline to keep bacteria from building up.

*With God, all
things are possible!*

*Meticulously handcrafted
and hand-painted*

•
*Golden highlights and
glittery accents*

•
Hand-numbered limited edition

**Thomas Kinkadee's heavenly
messenger gives you the wings
to rise above!**

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Now, graced with the artistry of Thomas Kinkadee and sharing an empowering message of perseverance, a radiant angel reminds us of God's never-ending love.

Tenderly crafted and painted by hand.

Thomas Kinkadee's "God Helps You Handle What You Are Given" is such a beacon of encouragement! Every inch is carefully handcrafted, from the angel's "feather" wings that shimmer with glitter to the etched patterning of her robes.

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*God
does not
give you
what you can
handle.*

*God
helps you handle
what you are
given.*

*Shown smaller
than approximate
size of 7" tall*

Thomas
Kinkadee



Fastest way to order:
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09-07879-001-BD

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To add cottage chic:
A blue blooming basket

"The colors of this multi-hue hyacinth arrangement are so soft and lovely," says Jessica Walliser, author of *Container Gardening Complete*. "And placing little violets around the larger blooms' bases holds the heavy flowers in place—and helps cover the top of the soil to make the hyacinths appear to be planted directly into the basket." To create this display, set two 6" pots of hyacinths in a handled market basket, then fill with smaller containers of violets. Keep the soil moist.

Easy container ideas to
make supermarket

To go modern: *Grape hyacinths in glass*

"Grape hyacinths are so sweet!" says Walliser. "The diminutive blooms, which grow to 6" to 10" high, look stunning here, and a glass container makes the monochromatic arrangement more eye-catching." Simply line a shallow glass bowl with Spanish moss or sheet moss, then place the potted grape hyacinths in the center and cover with more moss to hide the rim of the pot, she suggests. Place them in a cool room in bright but indirect light. Water when the soil feels dry.

FRIEDRICH STRAUSS (3)



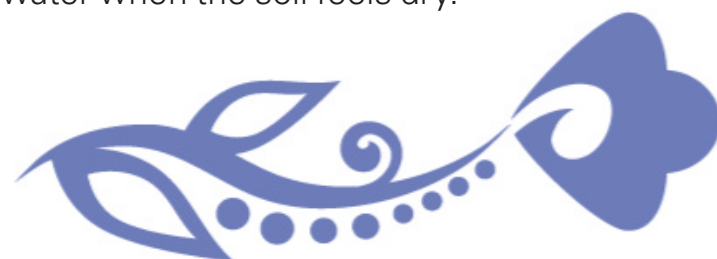
Take plastic potted spring blooms from blah to beautiful in minutes with these quick and clever displays

plants pop!



To boost whimsy: *Stacked bulbs*

"A triple-tiered container showcasing a variety of bright blooms creates a fun centerpiece for a party," Walliser says. To re-create this arrangement, you'll need a 12", an 8" and a 4" terra-cotta pot. Fill the largest two pots with soil, then replant potted lavender crocus and blue scilla into them, keeping the flowers around the outer edge and leaving the center of the soil bare. Drop a primrose, still in its original container, into the smallest pot. Then stack the three containers, and finish by winding dried decorative grass around the lower pot. Keep the display out of direct heat and light, and water when the soil feels dry.





Keep tools organized with *this*

Instead of always digging through the bulky toolbox to find the tools you use most, store them in a DIY holder. Simply cut the top third off of a 2-liter plastic bottle. (Optional: Leave one side of the bottle a bit taller so you can poke a hole in it and hang the organizer on a wall.) Wrap duct tape around the bottom of the bottle to reinforce it, then fill with your most-used tools.

How do you safely transport cupcakes?

No need to splurge on a fancy cupcake carrier, thanks to these tips from FIRST readers. They'll help you get your cupcakes to a party without an icing *oops*!

53% ♥ this idea!

Cut the front off a cereal box, lay it on a table, cut side up, and fill with treats, says Marla Roman. The sides of the box will keep the cupcakes in place.

47% ♥ this idea!

Place nonskid shelf liner in a foil pan, then add the cupcakes, says Meg Shelton. The liner's grippy texture will ensure they don't slide around.

MONEY SAVER

Clean dingy grout—for less

To nix stubborn stains from grout without buying pricey cleaners, combine 2 tsp. of cream of tartar with enough lemon juice to form a paste. Apply to grout and use a small brush to scrub. Rinse and wipe dry when finished. The abrasive cream of tartar will cut through grime while the acidic lemon juice will gently bleach away stains.

MONEY SAVED: \$6 for a bottle of grout cleaner

READER TIP

Make dusting a breeze

"I used to always put off dusting because it took so long to get in between the knickknacks and other objects on my shelves. Then one day I decided to use my hair dryer to blow the dust off. It worked great! As long as I do this before cleaning the floor, I can just vacuum up the dust that floated down. It's so easy!" —Camille Santos, Austin, TX

SHOW-HOW

Free up pantry space by clipping seasoning packets to the wall



Stick-on hooks do the trick!

Ensure a rug lies flat

The new area rug in your living room looks great, but it keeps curling up in one corner. To make sure no one trips on it, fold the rug's corner in the opposite direction, cover with a towel and press down on it with a warm iron for a few minutes. Unfold and place a heavy book on top for two hours. The heat will make the rug's fibers more flexible so they can be bent to their normal shape, and the weight of the book will help the rug stay flat.

In-a-pinch Easter egg dye

The little ones in your life are excited to color eggs, but you forgot to buy the egg-dyeing kit. Luckily, it's easy to make your own! To do: Combine 4 drops of food coloring with 1 cup of boiling water, then stir in 1 tsp. of white vinegar to lock in the color. Repeat for each color. No food coloring on hand? Use ¼ cup of fruit juice (like grape, cranberry or tomato juice) instead. Genius!

No contracts
No cancellation fees

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The Jitterbug® Flip, from the creators of the original easy-to-use cell phone, has big buttons and an exclusive 5Star® Urgent Response button on the keypad.

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¹25% off of \$99⁹⁹ MSRP is only valid for new lines of service. Offer valid 4/28/19 through 7/6/19. ²Monthly fees do not include government taxes or assessment surcharges and are subject to change. Plans and services may require purchase of a GreatCall device and a one-time setup fee of \$35. 5Star or 9-1-1 calls can be made only when cellular service is available. 5Star Service tracks an approximate location of the device when the device is turned on and connected to the network. GreatCall does not guarantee an exact location. Car charger will be mailed to customer after the device is activated. Jitterbug, GreatCall, and 5Star are registered trademarks of GreatCall, Inc. Copyright ©2019 GreatCall, Inc.

10 brilliant uses for ALUMINUM FOIL



1 Keep Kitty off counters

Your sweet cat loves prowling around the house at night, and she's always getting into mischief on your kitchen counters. A surefire way to keep her off: Place a few sheets of aluminum foil on your countertops before you go to bed. Cats dislike the feel of foil on their paws, so your furry friend will no longer be tempted to hop up on counters. Problem solved!

2 Fashion a makeshift funnel

Pouring the bulk bag of sugar you picked up at the supermarket into an airtight storage container would be much easier if you had a funnel! To make one, stack two sheets of aluminum foil, then roll into a cone shape, snip off the end, hold over the tub and pour the sugar into the wider end.

3 Ensure batteries work properly

You've replaced the batteries in your remote control, but it's still not working. The likely reason? The springs inside have lost tension, causing the batteries to move around. The fix: Fold a small piece of aluminum foil into a square and place between the battery and the spring. This will fill in the gap, ensuring the battery sits (and connects) properly.

4 Restore tarnished silverware

If your cutlery is looking a bit dull, try this: Place utensils in a foil-lined pan and add 4 cups of boiling water and $\frac{1}{4}$ cup of baking soda. Soak for 5 minutes, then rinse with warm water. When aluminum foil and baking soda mix, it creates a chemical reaction that breaks down the silver's tarnish, leaving each piece looking as good as new.



5 Protect glasses from hair dye

You like to catch up on your reading while you wait for your hair color to set, but you worry about the dye staining your glasses. The save: Wrap a piece of aluminum foil around the frames, then slip them on. The foil covers will catch any drips, ensuring your glasses stay clean.



6 Prolong the life of bananas

Bananas always end up spoiling before we get a chance to enjoy them! To keep them fresh longer, wrap the stem of the bunch in aluminum foil as soon as you bring them home. The foil keeps the *ethylene gas* (which promotes ripening) from reaching the rest of the fruit.



7 Speed up slow internet service

If you're having trouble accessing the internet on your laptop or cellphone in your house, your Wi-Fi signal might be weak. What can help: aluminum foil! Simply tear off a 1-foot sheet of foil and fold all four edges in about an inch. Stand the sheet up in a curved shape behind the router. (Glue the foil to a piece of cardboard and bend if needed.) The foil will reflect the wireless signal back into the room, resulting in a stronger connection.



8 Soften brown sugar in a blink

You have everything you need to whip up a cake for Easter, but when you pull the box of brown sugar out of the pantry, you discover that it's hardened and dried out. To the rescue: aluminum foil! Wrap the entire lump of sugar in foil, then place in the oven for 5 minutes at 300°F. The foil will trap the heat in the wrapped-up sugar, which will cause the granules to separate. (Just be sure to use the sugar right away before it hardens again.)

9 Shield doorknobs from paint

Instead of fussing with unreliable painter's tape to protect the doorknob when you paint your door, cover the fixture with aluminum foil and mold it to the shape of the doorknob. The foil will create a temporary protective coating to prevent drips. Easy!



10 Pest-proof garden plants

Last year, slugs and other insects destroyed the plants in your garden. To keep them at bay this year, use aluminum foil for mulching. Simply lay a few sheets of new or used foil around the base of your plants, piling dirt or small stones on the corners to weigh it down. The pests get a slight, harmless shock when they touch metal, so they'll steer clear.

Keep important documents safe

From birth certificates to property deeds, many of the major things in our lives are tied to pieces of paper—but organizing it all can be overwhelming. To the rescue: these expert tricks that make sure yours stay secure!

Make a grab-and-go binder

Corralling all your significant documents in one place so they're easy to find when you need them is key, says Maggie Kelly, owner of Organizing CU, a professional organizing company in Illinois. That's why she suggests making copies of all your paperwork (she keeps the originals in a safe deposit box) and placing them in an "In Case of Emergency" binder. "I use a standard three-ring binder, tabbed

separators and clear page protectors," says Kelly. "Each tab gets labeled with the name of the document and a note about the original's location." The documents to keep: wills, property power of attorney, marriage license, birth certificates and financial accounts (like credit cards, retirement accounts, mortgages and insurance policies)—things you would need to refer to in order to review your family's finances.

Harness the power of the cloud

Rather store copies of your documents electronically? Linda Herron, CEO of the accounting and advisory firm SimpliProfit, suggests using the cloud, in which your files are stored on the internet instead of your computer. "It's safer than your server at home—cloud-storage companies have all the most up-to-date security measures to prevent any

viruses or hacks that may pose a threat," promises Herron, who recommends the free Google Drive ([Google.com/drive](https://www.google.com/drive)). Simply scan or take photos of your documents, then upload them to your account. What's more, you can keep tons of files in the cloud without worrying about storage limits or losing them if something happens to your computer.

Request extra copies of *these*

When it comes to official documents, it's smart to ask for two certified copies when they're first issued, says certified professional organizer Lauren Williams, owner of Casual Uncluttering in Woodinville, Washington. "It's much easier, faster and less costly to get copies when they're new as opposed to when they have aged

or expired." Indeed, replacing certified copies of birth certificates (to get a marriage license or passport), business-related documents (to get a loan) and the like often requires traveling to the state where they were issued or meeting with a notary. And if you can order online, copies may have a hefty surcharge of \$50 or more each. ✨



The best free apps for organizing

For tracking finances

Mint allows you to track all your old bills, bank statements and other accounts from one easy-to-use interface, plus sends you reminders to help you avoid late fees and keep track of account balances.

For maintaining your home

HomeZada is your one-stop shop for planning home improvements, scheduling upkeep reminders and tracking insurance policies and claims.

For planning any project

Trello is like a virtual bulletin board filled with sticky notes, to-do lists and more! Since multiple folks can access each board, you can assign tasks and due dates and set reminders.



*Discover life-changing
freedom and fun*



The Zinger folds to a mere 10 inches.

“With my Zinger Chair, I can go anywhere and everywhere I want!”

More and more Americans are reaching the age where mobility is an everyday concern. Whether from an injury or from the aches and pains that come from getting older—getting around isn’t as easy as it used to be. You may have tried a power chair or a scooter. The **Zinger** is NOT a power chair or a scooter! The **Zinger** is quick and nimble, yet it is not prone to tipping like many scooters. Best of all, it weighs only 47.2 pounds and folds and unfolds with ease. You can take it almost anywhere, providing you with independence and freedom.

I can now go places and do things that I wasn’t able to go or do before. It has given me a new lease on life and I am so happy I found it!

—Dana S., Texas

Years of work by innovative engineers have resulted in a mobility device that’s truly unique. They created a battery that provides powerful energy at a fraction of the weight of most batteries. The **Zinger** features two steering levers, one on either side of the seat. The user pushes both levers down to go forward, pulls them both up to brake, and pushes one while pulling the other to turn to either side. This enables

great mobility, the ability to turn on a dime and to pull right up to tables or desks. The controls are right on the steering lever so it’s simple to operate and its exclusive footrest swings out of the way when you stand up or sit down. With its rugged yet lightweight aluminum frame, the **Zinger** is sturdy and durable yet convenient and comfortable! What’s more, it easily folds up for storage in a car seat or trunk— you can even gate-check it at the airport like a stroller. Think about it, you can take your **Zinger** almost anywhere, so you don’t have to let mobility issues rule your life. It folds in seconds without tools and is safe and reliable. It holds up to 265 pounds, and it goes up to 6 mph and operates for up to 8 hours on a single charge.

Why spend another day letting mobility issues hamper your independence and quality of life?

Zinger Chair®

Call now and receive a utility basket absolutely FREE with your order.

1-888-627-5623

Please mention code 110483 when ordering.



Just think of the places you can go: • Shopping • Air Travel • Bus Tours

• Restaurants— ride right up to the table! • Around town or just around your house

Zinger is not a wheelchair or medical device and is not covered by Medicare or Medicaid.

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Pro secrets to save

We asked top shopping experts to share little-known tricks of the trade to ensure you get the rock-bottom price on anything you buy. Read on for their surprising strategies!

Snap a photo to receive cash back

“It’s a smart idea to get cash back for shopping. Two apps I like: Walmart’s Savings Catcher, which gives you an e-gift card for the price difference if a competitor offers an item at a lower price, and Checkout 51: Just take a photo of your receipt, then select offers to redeem; they’ll credit you with rewards you can claim by check or via Paypal once you reach \$20.” —*Andrea Woroch, shopping expert at AndreaWoroch.com*



Stack gift cards with coupons

“One of the best ways to save money—in addition to using coupons—is by making purchases with discounted gift cards. I use discounted digital gift cards to make about 80% of my purchases. For example, I’ll fill my cart at Kohls.com and enter coupon codes, then head to Raise.com to buy a \$100 Kohl’s gift card for \$88 and use it as payment.” —*Joanie Demer, cofounder of TheKrazyCouponLady.com*

Make a “wish” for online savings

“You may already know to leave an item in your shopping cart and abandon it so retailers will send you offers to sweeten the deal. But here’s another tip: Make a wish list at your favorite stores. It’s easy to check it to see if prices have dropped, plus retailers will send you coupons to get you to buy items on it. I love Nordstrom wish lists because you can also see when something has been ‘racked,’ or moved to the outlet store, where you’ll get the best deal.” —*Alex Tran, deal finding pro at Schimiggy.com*

on everything!



Erase your purchase history

"Most online retailers use cookies to track your visits, spending habits and past purchases. When they see you're a regular customer, they won't offer you the deals they give to new visitors. Sidestep this shopping trap by clearing your cookies. Simply Google 'how to clear cookies' for your operating system or cellphone to learn how to do this. It's very easy and only takes a few clicks. You're virtually 'tricking' the retailer into thinking you're a new shopper, and they will try to get you to make a purchase by offering you lower prices." —Andrea Woroch

Ask for a replacement coupon

"If you have a product that's broken and past its warranty, ask the manufacturer for a coupon to buy a replacement. Recently, my Fitbit activity tracker broke and it was no longer under warranty. On a whim, I contacted Fitbit and explained the situation. Turns out, my device was so old that not only was it not under warranty, it wasn't even being produced anymore. Then they offered me a one-time 25% off discount on a new tracker, which was much better than any coupon I could find anywhere else!" —Kyle James, founder of *Rather-Be-Shopping.com*

Chat with online reps

"When it comes to finding great deals online, I always begin by logging on to a cash-back website like Ebates.com. There, you'll find a clearinghouse of coupons, plus you can earn cash back on your purchases at many online retailers. But if you're not seeing any discounts or are dissatisfied with the coupons you find, consider going to the website you're shopping at and opening an online chat to ask a customer service rep if there is a coupon code available. Sometimes they'll be able to give you access to offers you won't find anywhere else." —Cherie W. Lowe, money-saving expert at *QueenOfFree.net*



Try the "basket" trick to save big

"Impulse buys at the supermarket can seriously increase your bill. But you can sidestep unnecessary purchases by placing a small handheld shopping basket in your cart before you start shopping. Then as you make your way around the store, place any items you pick up that weren't on your shopping list in the basket. When you get to the cash register to check out, you can see how much extra money you'll be spending on things that weren't on your list, and you can decide whether or not you really need them. Studies show that for the average shopper, a whopping 60% of items in the cart are impulse buys—and that can really add up!" —Teri Gault, author of *Shop Smart, Save More*

Sign up for price alerts to snag great deals

"When it comes to clothes shopping, I find that it's a smart idea to sign up for price alerts at sites like PriceOwlert.com or ShopStyle.com, so you can be notified when an item is marked down. Simply sign up and enter items you're interested in, and you'll receive an email when the price drops, which can help net you big savings with little effort." —Michelle Madhok, founder of *SheFinds.com*



Cash in on your

From clearing out closets and arranging paperwork to managing calendars for busy professionals, these savvy women have turned their passion for order into serious cash. Learn their secrets so you can start earning too!

"I earn a six-figure salary de-cluttering homes"

"When I left my job as a project manager for a technology company, I started to help neighbors and friends organize their closets, kitchen cabinets and cars. Soon I realized I could turn my passion for de-cluttering into a business and become a home organization expert.

"Launching the business was simple. Although it's not necessary, I became a certified professional organizer with the National Association of Productivity and Organizing Professionals (NAPO), which cost a few hundred dollars. Then I got started helping more families de-clutter their homes and put systems in place so they can find what they need and be able to keep their spaces organized. I help them decide what to keep, donate or throw out. I also help them organize print and digital photos. I use many of the same tools I used in the corporate world, like online calendars, apps and time-management techniques to help them stay on track.

"I'm frequently hired as a professional speaker, and I'm involved in a lot of professional communities, which helps me market my services. I also wrote two books about organization. A lot of my business comes from word-of-mouth referrals.

"I love that I can help people find peace and purpose with my work. I earn a six-figure income doing this. It's fun and flexible and it allows me to be available for my kids, take trips and attend conferences."

Darla
DeMorrow, 48,
Wayne, PA

organizing skills!

"I make up to \$45,000 a year managing calendars for professionals"



Chauntelle McAlhany,
43, Ogden, UT

"I used to work as a radio DJ, but after I had my son, I didn't want to have to put him in daycare. I liked the idea of helping people stay organized, so when I learned I could work from home as a virtual assistant without any experience, I knew it would be a great opportunity to make money.

"To get started, I taught myself how to use office tools like Google Calendar and Google Docs. Then I found Zirtual.com, which matches virtual assistants with jobs and gave me basic training. Another site I found to be helpful was VANetworking.com, which offers training and resources. After a few years, I went out on my own and launched 8 More Hours Virtual Services (8MoreHours.com).

"Today I work with entrepreneurs and small business owners. A majority

of the work I do is scheduling and managing calendars. I also perform research, type their notes, create spreadsheets, book travel, order gifts for their family and colleagues and interact with their clients.

"All of my clients are word-of-mouth referrals. Since I've worked with them for so long, I've developed a great rapport with them, and they know they can count on me.

"I like this work because I enjoy helping my clients stay organized. I also love the flexibility: I can work, then take my son for a hike or volunteer at his school. Every week is different, but I work 25 to 35 hours a week. I charge \$25 to \$30 an hour and make \$40,000 to \$45,000 a year—money that helps support my family and pays for travel and daily trips to the coffee shop!"

"I bring in up to \$3,000 a month sharing organization secrets online"

"I'm a military veteran and my husband is on active duty, so we move frequently—that makes it hard to find a long-term job. When I was looking for a flexible way to make money on my own schedule, I thought about how my family and friends were always asking me for help with organizing, so I decided to start my own organizing blog (Organized31.com), which I can do anywhere.

"I write about free and affordable organization strategies like repurposing plastic food packages for storage, as well as tips for de-cluttering and moving and how to fold clothes so they work better in a closet. I also write about bullet journaling—a personalized planner that you create and tailor for your life.

"I market my blog with a weekly newsletter and on social media. I earn money from affiliate marketing (a way to make a commission off the products or services I link to), sponsored posts (companies pay me to write about their products) and from Google AdSense and other ad networks that place ads on my site. I also sell my own printable planners, checklists and e-book.

"This work is so enjoyable—I make a positive impact on people's lives, and I love being my own boss and being able to take care of my family wherever we live. The money I make—between \$1,000 and \$3,000 a month—goes toward my kids' college educations or to pay for impromptu road trips."



Susan Santoro, 52
Northern Virginia

inspiring
joy...

PROMOTION

IN THE KITCHEN



MINI CHOCOLATE CHUNK CUPCAKES

24 SERVINGS

INGREDIENTS:

- 10 packets SweetLeaf® Organic Stevia
- 1-1/2 cups all-purpose flour
- Small pinch of salt
- 1-1/2 tsp. baking powder
- 1/2 cup mini dark chocolate chips
- 2 eggs
- 2 tsp. vanilla bean powder
- 6 oz. butter, unsalted, melted, or coconut oil
- Just over 1/2 cup milk (whole milk, almond milk, or rice milk)

OPTIONAL DARK CHOCOLATE ICING

- 3 packets, SweetLeaf® Organic Stevia (or to taste)
- 4 oz. milk chocolate, melted and cooled
- 1 cup cocoa powder, unsweetened
- Splash of vanilla
- Drizzle of milk (whole milk, almond, or rice milk)

NUTRITION FACTS

PER 1 CUPCAKE: CALORIES 108, CARBS 9G, FATS 8G,
PROTEIN 1G, SODIUM 48MG, SUGARS 3G
Recipe Courtesy of Chef Vikki Krinsky @ChefVikkik

DIRECTIONS:

1. Preheat oven to 350°F. Line a 24-cup mini muffin tin.
2. In medium size bowl, sift the flour, salt, and baking powder. Add chocolate chips.
3. In separate medium bowl, with electric mixer, beat together the eggs, SweetLeaf® Organic Stevia, milk, and vanilla, then slowly pour in melted butter or coconut oil. Once incorporated, slowly add dry mixture. Don't overmix. Divide into lined tin cups and bake for 12 min.
4. Remove from tin and cool almost completely. (Who doesn't love a warm, gooey cupcake?) Cool completely, if you plan on icing them.

ICING

1. Place milk chocolate chips in large microwavable bowl. Heat for 30 seconds and stir. Heat in 10 second increments until completely melted and smooth. Do not overheat. Add cocoa powder, stevia and vanilla in melted chocolate mixture, and drizzle in milk until desired consistency is reached! Drizzle slowly!



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SweetLeaf's award-winning family of products is available at your favorite health food stores, natural groceries, supermarkets, and online retailers. Find more low-sugar, low-carb recipes you'll love at SweetLeaf.com/stevia-recipes.

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A Sweetener You Can Be Happy About!

SweetLeaf® Organic Stevia Sweetener will put a smile on your face because it has no sugars, zero calories, zero carbs, no artificial ingredients, a non-glycemic response, and—best of all—it tastes great.

Apple Walnut Cake

- | | |
|--|-------------------------------------|
| 8 packets SweetLeaf® Organic Stevia Sweetener | 1 tsp. cinnamon, ground |
| 2 cups unsweetened applesauce | $\frac{1}{4}$ tsp. nutmeg, ground |
| $\frac{1}{2}$ cup butter | 1 Tbsp. vanilla extract |
| 3 eggs | 1 cup walnuts, chopped |
| 3 cups flour | 3 cups Macintosh apples, chopped |
| 1 tsp. salt | $\frac{1}{2}$ cup fresh cranberries |
| $\frac{1}{2}$ tsp. baking soda | |

Preheat oven to 350°F. Butter and flour 10-inch angel food or Bundt pan. Cream together applesauce, butter and SweetLeaf. Add eggs, one at a time, beating well after each. Set aside. Sift together flour, salt, baking soda, cinnamon and nutmeg. Add to wet ingredients; mix well. Stir in vanilla, walnuts, apples and cranberries. Mix well; pour into pan.

Bake about 1 hour or until a toothpick inserted into center comes out clean. Set aside. Once cool, slide knife along outer edges of pan to release pan bottom, then along bottom to release cake onto serving surface. Serves 20.

NUTRITION PER 1 SERVING: CALORIES 180, FATS 9G, SODIUM 130MG, CARBS 22G, SUGARS 6G, PROTEIN 4G

SweetLeaf's award-winning family of products is available at your favorite health food stores, natural groceries, supermarkets, and online retailers.

Find more low-sugar, low-carb recipes you'll love at:

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SweetLeaf® Stevia Sweetener has earned the Good Housekeeping Nutritionist Approved Emblem.

**NO SUGARS • NO ARTIFICIAL SWEETENERS
ZERO CALORIES • DELICIOUS**





The power of love

From one heart to another

"I bit back tears as I dropped my 5-year-old grandson, Ben, off at school one morning. He was the spitting image of his father, my son Andrew, who had died during a tour of duty a few months earlier. As we walked hand in hand toward Ben's class, I gazed at his honey-blond hair and blue eyes, and my grieving turned to reliving memories of Andrew when he was this age. I'd walked him to his classroom too, and as I held his hand, he'd rub the back of mine with his thumb, then squeeze my hand three times before going in.

"I shook off the old memories, trying to smile as we walked, when suddenly, Ben's thumb grazed the back of my hand. Stunned, I looked down at him as we reached the door, tears filling my eyes as he squeezed three times before letting go. In that moment, I knew that Ben didn't just look like my son...he had his same loving spirit!"

—Martha Johnson, 61, Woodbury, MN

4 stories that will warm your heart

Inner strength

Sensational senior discount

"While walking up to the ticket window at the movie theater, I stopped short as my daughter furrowed her brow. 'What's up, Mom?' she asked.

"After turning 60 the week before, I wanted to use my first senior discount. But truth be told, I also didn't want to declare my age to the world...even if it was painfully obvious with all my grays and wrinkles.

"Once I croaked out the words and saved my \$3, my daughter led us to the concession stand. Suddenly, an employee ran over with my keys. 'The ticket clerk said a pretty lady in

a white blouse left these behind,' he said. 'That must be you?'

"Flattered, I smiled and took the keys, realizing that just because I qualified for a senior discount didn't mean I wasn't still attractive...maybe it was time I believed that too.

"Now I proudly use my 'sensational senior' discount because there's only one thing better than saving money: feeling beautiful and confident!" —May Rose, 61, Sacramento, CA



Circle of kindness

A basket full of smiles

"It had been a long double shift standing behind the cash register at the grocery store where I worked. I'd been picking up all the extra hours I could since my husband had been laid off a few months before, but with more bills than paychecks and long days spent on my feet, all I seemed to be doing was hoping that I could just keep on going.

"When the next customer came through with a gorgeous Easter basket full of pink grass, candy and toys, I grew a bit misty. 'How wonderful to be a child again,' I said, deep, long-ing echoing in my voice. 'I miss the magic.' Embarrassed by my reaction, I turned and rang up the purchase as the woman went on her way.

"The next morning, I reported for work and was told someone had left something at my register for me.

Confused, I wandered over to my station and gasped. There sat a huge basket filled with green Easter grass, fresh flowers, a chocolate bunny, marshmallow chicks and jelly beans. All the colors and candy reminded me of the baskets I'd gotten as a child.

"Tears welled in my eyes as I saw there was also a card with a cute rabbit on the front and the words *Hoppy Easter* inside. Below was a written message that made me break into a giant smile. It read: *I hope this brings you joy—it's just a little something to remind you that you are never too old for a little magic!"*

—Gwen Dickinson, 56, Bristol, CT



Unexpected grace

A timely stall

"You have *got* to be kidding!" I cried, turning the ignition of my car, only to be greeted by a series of clicking noises. I'd meant to have the battery checked, but now my procrastination was about to cost me my new job. With only an hour to spare, I hustled to my only hope: the bus stop.

"By the time I plopped down in my seat, it was nearly half an hour later. I began fishing in my purse for my phone to let my boss know I'd likely be late, when suddenly, I heard a commotion.

"Help! This woman is having a heart attack!" a voice called from the front of the bus. Everyone was frozen with fear, so I ran forward and prayed that the skills I'd learned in a first-aid class years ago would kick in. The driver pulled over as I started CPR right in the aisle of the bus. Luckily, I kept her breathing until the ambulance arrived.

"Later, I took a taxi to the hospital to check on the woman, whose name was Mary. 'You saved my life,' she said. 'It was a miracle you were there.'

"I wouldn't have thought it any kind of miracle except for one thing: That night, on a hunch, I tried my key in the ignition...and my car started right up." —Vivian Lance, 60, Rochester, NY





Keep your dog's bones strong

Got lots of eggshells leftover from Easter fun? Turn 'em into a free calcium-rich supplement to boost your pup's health! To do: Spread clean, dried shells on a sheet pan and bake at 300°F for 7 minutes; let cool. Grind in a blender for 1 minute until a fine powder forms. Mix about ¼ tsp. of eggshell powder per 10 pounds of body weight into dog food daily. Store the powder at room temperature in an airtight container for up to two months.

QUICK POLL

What's the best way to prevent litter scatter?

Kicked-up kitty litter makes such a mess on the floor, and stepping on it is super-gross. So we asked readers for their best ways to keep it in the box, where it belongs. Here, the top two tips:

51% ♥ this idea!

Spread thinly shredded newspaper over the top of the litter, says Shelley Bates. When your pal scratches around, he'll be able to move the paper around without flinging litter everywhere.

49% ♥ this idea!

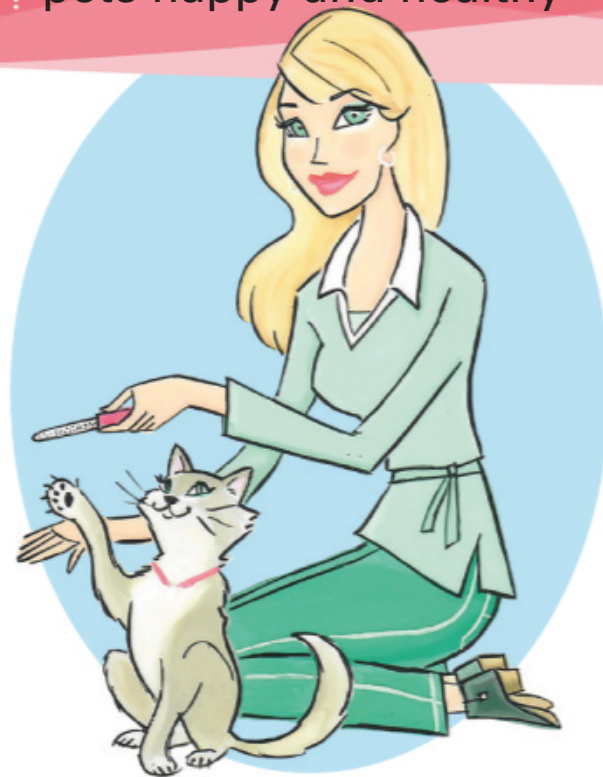
Cut out the sides of a cardboard box and place around the litter pan to create a "kitty screen," says Ashley Knight. When your sweetie digs, the litter won't get past the cardboard.

Purr-fect water bowl for Kitty

Your cat has a tendency to spill her water all over, and you're constantly mopping up after her. Surprise—the size of her water bowl may be to blame! Cats generally don't like deep, narrow bowls because their extremely sensitive whiskers touch the sides, so they often knock over the dish to drink off the floor instead. The fix: Give her a large, wide bowl. It lets your kitty drink without bothering her whiskers, so floors stay dry.

Make a catnip toy dispenser for pennies

You've got a basket of plastic Easter eggs on hand and your feline friend loves to swipe and send them skittering across the floor. Make playtime even more fun for your kitty by turning a few of those eggs into catnip dispensers. To do: Use a screwdriver to poke a few small holes in the eggs. Rinse to remove any plastic bits and dry, then fill with catnip. Your pal will love having her own "egg hunt" and be endlessly entertained trying to get at the catnip.



Easy way to stress-proof nail trimming

Ugh! Clipping your pet's nails is always such a struggle, and as your beloved pal gets older, her nails become more brittle and run the risk of painfully splintering. To sidestep this problem, simply take a note from professional groomers and use a metal nail file (like the one out of your manicure set or needle file out of the toolbox) to use on your furry friend. Since there's no scary clipping sound involved, your sweetie is more apt to let you file down her nails for a stress-free "pet"-icure!

Put the kibosh on Fido's begging

Your dog just can't stay away from the table during dinner, and telling him no isn't working—trainers say that's because giving him attention of any kind, even negative, only encourages him to keep begging. What works better: a time-out. The very moment your dog starts his begging antics while you're eating, immediately lead him to a dog-proofed room (like a bathroom where there's nothing fun—no toys, no chews, no people to play with) and shut the door, then go back to the table. After a minute or two, you can free him from the time-out area. Repeat a few more times, and soon your pup will learn that begging results in being taken away from the thing he wants most!

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Allergy soothers MDs swear by

When your little one is coughing, sneezing or rubbing her eyes, reach for these natural remedies that doctors rely on when their own children are suffering from seasonal allergies

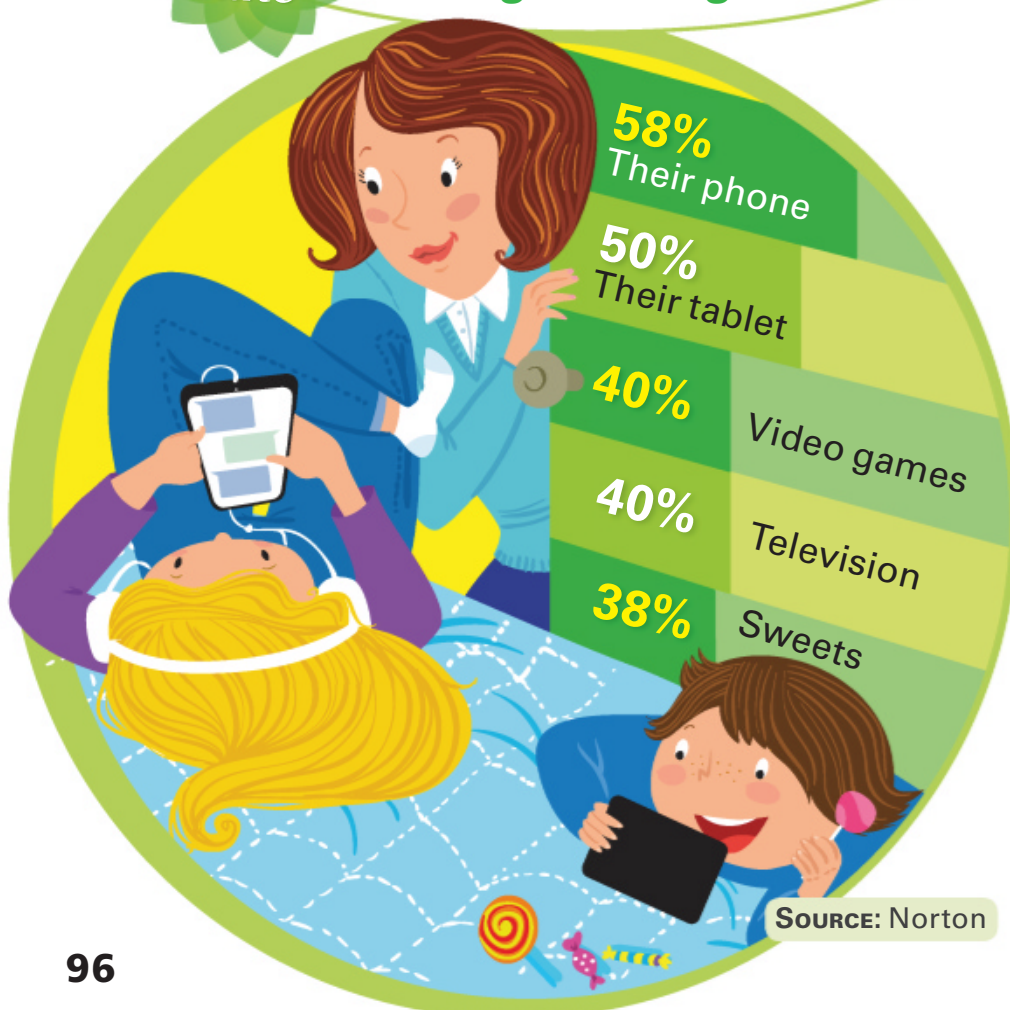
FOR CONGESTION

Sweet ginger tea

“I treat my kids, in part, with a double dose of honey and fresh ginger tea when they complain of a stuffy nose,” says mother-of-three Carly Snyder, M.D., a reproductive and perinatal psychiatrist in New York City. “They take 1 Tbs. of honey in the morning, then I add 1 tsp. to a cup of hot tea, along with 1 tsp. of fresh ginger and a splash of lemon.” Honey bolsters the immune system and tamps down inflammation, ginger works as an anti-inflammatory, decongestant and antihistamine and lemon adds flavor. “The kids like it and feel less congested right away,” says Dr. Snyder, who doles out the honey and tea every day throughout allergy season to help keep symptoms at bay.

quick
take

What parents say kids
can't get enough of



FOR ITCHY SKIN

Quercetin

“When my kids get itchy skin this time of year—or even runny noses or watery eyes—I give them quercetin, a natural antihistamine and anti-inflammatory supplement,” says mother-of-two Taz Bhatia, M.D., an integrative health physician and author of *Super Woman RX*. The dose she recommends: 250 mg. four times daily for two days. The phytochemical has been shown to block the release of 96% of itch-triggering histamines throughout the body. “It does the trick,” says Dr. Bhatia. Her preferred pick: D-hist Jr. quercetin by Orthomolecular. It contains *bromelain* (an enzyme derived from pineapple), and research shows that quercetin works better when paired with bromelain.

FOR ALLERGY EYES

Cucumbers *this way*

“I always keep cucumbers in the fridge during allergy season to help with my boys’ puffy, itchy eyes,” says Rhonda Q. Klein, M.D., a dermatologist in Westport, Connecticut, and a mother of four. She has the kids squeeze a sterile saline solution in their eyes—like they would eye drops—to flush allergens. Then she places ¼"-thick chilled cucumber rounds over their closed eyes for five to 10 minutes. “The kids relax and pretend they’re at the spa, and they feel better almost instantly,” says Dr. Klein. The cold calms irritation, while cucumbers work as an anti-inflammatory. “They also contain ascorbic and caffeic acids, which slow water retention to de-puff swollen eyes,” says Dr. Klein. ✨

Egg salad made fun!

This adorable bunny will have everyone happily hopping through the day, thanks to our salad's rich stores of brain-boosting folate, mood-elevating calcium and energizing protein

Bunny Hop Egg Salad

- 4 **hard-boiled eggs**, peeled and chopped
- $\frac{1}{4}$ **cup nonfat plain Greek yogurt**
- 2 **radishes**, chopped
- $1\frac{1}{2}$ **tsp. chopped fresh thyme**
- 1 **tsp. Dijon mustard**
- 4 **medium dinner rolls**
- 8 **cloves**
- 4 **small dinner rolls**
- 4 **tiny round pieces of carrot**
- Toothpicks**

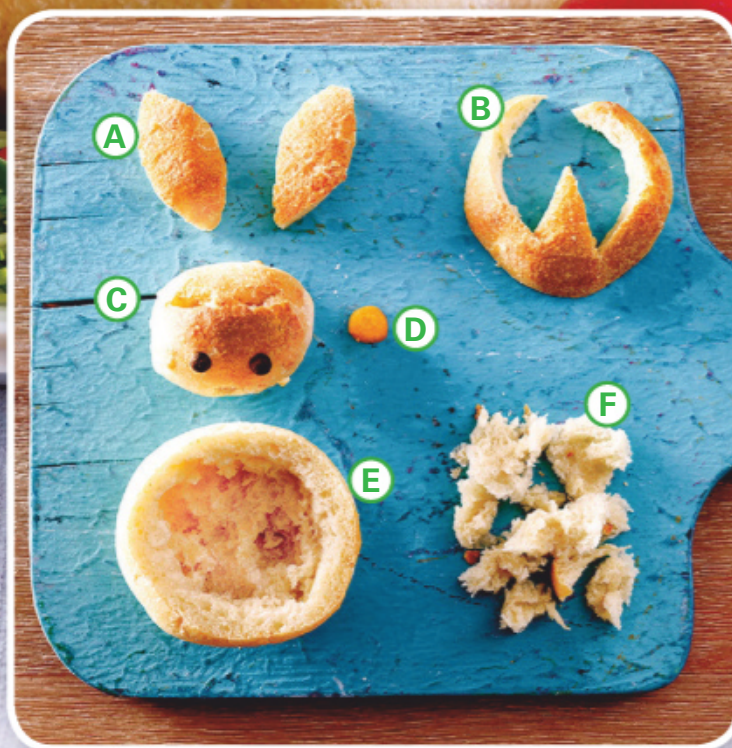
1 In bowl, combine eggs, yogurt, radishes, thyme, mustard, $\frac{1}{4}$ tsp. salt and $\frac{1}{8}$ tsp. pepper.

2 Cut top third off of each medium roll; reserve bottoms for bunny bodies. Cut 2 ears from each top portion as shown in **A**; reserve scraps **(B)** for another use.

3 For bunny face, press cloves into small rolls for eyes as in **C**; press in carrots **(D)** for noses. Cut 2 small slits into tops of small rolls; insert reserved ears into slits. Scoop out soft centers of roll bottoms as shown in **E**. Discard soft bread **(F)** or save for another use.

4 Fill reserved roll bottoms with egg salad. Attach small roll faces with toothpicks. Remove cloves and toothpicks before eating.

Active time: 30 min. **Total time:** 30 min.
Servings: 4



How can I stop this recurring infection?

Q: Several years ago, I had a bad case of bacterial vaginosis. Pills took care of it, but since entering perimenopause, I've had two bouts in the past eight months. How can I prevent another one?

A: Bacterial vaginosis (BV) impacts an estimated 21 million American women annually. And it's especially common during perimenopause, when changes in vaginal pH can create an environment that allows infection-causing bacteria to flourish. Antibiotics are generally effective at killing the bugs responsible for BV and eliminating symptoms like vaginal itching, burning during urination and a fishy-smelling discharge. But the meds can also kill off friendly vaginal flora, leaving you vulnerable to a recurrence of BV.

To prevent another episode, I recommend eating one to two daily servings of fermented foods, like raw sauerkraut, kimchi, miso or kefir. These foods contain friendly *lactobacillus* flora that help rebalance vaginal pH. They also have a study-backed ability to thwart the growth of the bacteria responsible for BV. Additionally, it's a good idea to avoid scented personal-care products (like washes, sprays and panty liners), as they can tip the pH of vaginal tissue to levels that are problematic. And since lubrication is crucial in helping the vagina flush out problematic bacteria, I advise drinking eight glasses of water a day and using a pH-balanced vaginal moisturizer (like YES VM, Amazon.com) as directed.

If these strategies don't put an end to recurring infections, ask your healthcare provider about swapping oral antibiotics for *metronidazole* suppositories, which deliver infection-fighting medication straight to vaginal tissue to eliminate the infection and help prevent relapses.



Q: I've been on HRT to control my hot flashes for five years, but my doctor advised me to stop cold turkey. Is that safe?

A

Your concerns are understandable, but your doctor is right—the cold turkey approach ensures a smoother transition since tapering off hormone replacement therapy (HRT) prolongs the hormone decline that triggers symptoms. And while hot flashes do occur in roughly 50% of women who discontinue HRT, there are natural ways to get real relief.

First, try supplementing with Swedish flower pollen extract (like Source Naturals Swedish Flower Pollen Extract, Walmart.com). In a study in *Obstetrics & Gynecology*, daily dosing reduced hot flash severity by 42% and frequency by 46%.

Also smart: Get two daily servings of soy milk, tofu or edamame, which are rich in soy isoflavones—plant compounds that reduce hot flash frequency by 40%. Finally, regular exercise has been shown to reduce the number of episodes by 60%.

Help! My PMS cure gave me diarrhea

Q: Lately my breasts get so sore before my period. My doctor suggested I take 400 mg. of magnesium daily to help, but I ended up with diarrhea. What else can I try?

A: Magnesium is one of my top PMS remedies—research shows it eases premenstrual breast pain, mood swings, headaches and sleep problems within two cycles. But the mineral also relaxes the intestines, which can lead to the laxative effects you're experiencing. Fortunately, there are easy ways to avoid the issue.

I advise cutting back to 200 mg. a day and opting for *magnesium glycinate* or *magnesium taurate*. Both have less of a laxative effect than other forms of the mineral. After a week, go back to 400 mg., taking 200 mg. at both breakfast and dinner to avoid overwhelming your digestive system.

If these strategies don't eliminate your diarrhea, I suggest limiting your intake to 200 mg. a day and pairing it with 1,000 mg. of evening primrose oil, which eased breast soreness for 69% of women in one study.



Put FIRST to work for you!

Laura Corio, M.D., is an ob-gyn in private practice in New York City. She is an attending physician at Mount Sinai Hospital, assistant clinical professor at Hofstra Medical School and author of *The Change Before the Change: Everything You Need to Know to Stay Healthy in the Decade Before Menopause*. To ask her a question, send an email to health@firstforwomen.com.

PROBIOTICS —

The Secret to Digestive Health?

Next time you're at the grocery store, take a few seconds to appreciate the heft of a one-pound package of butter . . .

Because some researchers now believe you have an entire organ weighing two or three times that amount in your gut — an organ composed entirely of bacteria!

This structure, which scientists refer to as the “microbial organ,” contains about 100 trillion bacteria. Under optimal circumstances, most of these are considered “friendly” or probiotic bacteria, performing functions benefiting your digestive and immune health.

Unfortunately, and particularly with increasing age or even the use of certain drugs such as antibiotics, non-beneficial bacteria may begin to take over — and crowd out the friendly species. This causes an imbalance that can lead to common digestive concerns such as constipation or diarrhea, gas, bloating, and abdominal discomfort.

Finally, Put the Brakes on Bathroom Bothers

Fortunately, renowned holistic doctor **David Brownstein, M.D.**, counsels you don't have to live with backed-up or bothersome bowels — or other uncomfortable digestive concerns.

Dr. Brownstein recommends an all-natural solution to irregular bowel movements and other digestive issues: replenishing your supply of these beneficial gut helpers by

supplementing with proven strains of powerful probiotic bacteria.

This will actually help normalize the transit time of waste material in your colon — so you can have more regular and less uncomfortable bowel movements. And with a balanced digestive system, you experience less embarrassing gas and bloating, too.

Replenish ‘Friendly’ Bowel Bacteria for Gut & Immune Health

In his *Doctor's Guide to Probiotics and Your Health*, Dr. Brownstein reveals why yogurt and cheap probiotic supplements are just a waste of your hard-earned money. Plus, you'll see why high-quality probiotics can also be an invaluable asset to your properly-functioning immune system. And this Special Report, a \$20 value, is your gift from Dr. Brownstein.

Plus, you'll also get a complimentary 30-day supply of **Bactipro®**, a new breakthrough digestive and immune health probiotic formula Dr. Brownstein personally developed after seeing many of his patients suffering from simple digestive concerns.

Now Try Bactipro for a Full Month!

This all-natural dietary supplement contains six powerful strains of beneficial probiotic bacteria, healthful fiber and bacteria-nourishing prebiotics, a robust antioxidant blend, and a powerful phytonutrient complex — all packed into one tasty wafer. And all

chosen specifically to help improve and maintain your normal digestive system and immune function. In fact, **Bactipro** specifically targets both your small and large intestine simultaneously, with proven Bifidobacteria and Lactobacillus strains.

Dr. Brownstein is so confident that **Bactipro** will help soothe and comfort your digestive system that he's made arrangements to let you try it as part of a **SPECIAL OFFER!**

Yes — for a limited time, you can get a **30-day supply of Bactipro** (a \$39.95 value) and *Doctor's Guide to Probiotics and Your Health* (a \$20 value) with enrollment into our convenient smart ship program, you just cover a low shipping fee of \$4.95. That's a total value of almost \$60 — yours for only \$4.95.

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“I personally formulated **Bactipro** to include the most essential ingredients necessary to help support your healthy digestive and immune function.”

— **David Brownstein, M.D.**



SPECIAL OFFER

Love conquers our greatest fears

As a little girl, Thalia Dunn had dreamed of climbing to the top of the magnolia tree in her granddaddy's backyard, but she was always too afraid...until one spring morning, she awoke to a magical surprise that finally gave her the courage to try

I think about him every time I pass by a pink magnolia tree in bloom. My Irish granddaddy, tall and lean, bursting with energy and laughter, held a special place in my heart. He lived across the street with Grandma, and their home was open to us whenever we ran over to visit. We wouldn't go into their house to find him, however; we would hurry out back where he would be working in his garden.

Flowers, vines, vegetables—whatever he planted flourished. From early spring through late autumn, the immense backyard exploded with colors. Delicate purple cosmos flowers waved beside the garage. Pink and peach roses stood next to the back door. And way in the back was the vegetable plot overflowing with red tomatoes, yellow squashes and green beans.

On the side of the yard grew two apple trees and a small, gnarled pear tree. A majestic magnolia tree stood in the middle. Its shiny, dark green leaves and large pink flowers captured the attention of all who saw it. Besides being beautiful, it was perfect for climbing with its sturdy gray limbs reaching out from the wide trunk. It was perfect for climbing—if I only knew how!

My granddaddy wanted to teach me. He tried. He really tried. But I was afraid I wouldn't be able to get

back down, or that I would be stuck high up in the tree, so I didn't want to try.

Except that I did want to try. I'd watch my friends climb up their backyard trees, or my sister settle into one of the top boughs and munch on her apple while she surveyed the neighborhood. I wanted to sit on top of the world as well!

And Granddaddy knew it. He tried cajoling, convincing, scolding, even offering to go up the tree with me—which always made me laugh! How could my granddaddy with gray hair know how to climb?

One early spring morning, the magnolia tree was beginning to open its magnificent scented blossoms. Granddaddy was standing on his front porch waiting for me when I walked outside. "Come over here! Come over!" he beckoned excitedly. "The tree is blooming lollipops instead of flowers!"

"What?" I ran across to the back yard to see a dazzling sight. Nestled into every magnolia bud was a lollipop.

"No pink magnolia flowers this year," he muttered sadly as he shook

his head. "They'll all turn brown and drop down. What a waste that will be. But this is the first year ever for our tree to bloom lollipops!"

He glanced over to me. "Do you think you could scramble up—just to the lowest branch—and gather one or two? Then throw them down to me. I would love a lollipop!"

I was staring in amazement. Never

in all my seven years of living had I seen a tree this beautiful—full of my favorite candy!

Ever so carefully, I shimmied up the smooth trunk, securely placed my feet on the lowest branch and grabbed two lollipops. Just as I was about to slide

down, I saw some lollipops on the higher branch. Maybe I could reach them too! Just one more branch, and then I'd slide back down. So I tossed what was in my hand down to Granddaddy and climbed up to the next branch—and grabbed more. And slowly, branch by branch, I conquered the tree!

When I was at the top, clinging to my lollipops and reaching out to touch the tip-top of the tree, I looked down to see Granddaddy beaming up at me.

"I was staring in amazement. Never in all my seven years of living had I seen a tree this beautiful—full of my favorite candy!"

love



"You did it, girl!" he called up to me. "Now get down here so we can enjoy the candy!"

Scrambling down, I gathered up my goodies and giggled. "That was fun!" I said, before running home to share my story.

I burst into the kitchen, hands tightly holding my treasures. "Look!" I exclaimed to Grandma, who was sitting in the kitchen with Mom. "Look what I just picked from the tree!"

"That's amazing, sweetie!" Grandma replied as she gave me

a hug. I spilled the yellow, red and orange lollipops onto the table.

"But... but how did that tree bloom lollipops instead of flowers?" I asked Grandma.

"Oh," Grandma shook her head wisely, "Granddaddy can grow about anything, can't he? And did you know that he's an expert at climbing? Why, just this morning I saw him..." She stopped mid-sentence and smiled when she saw Mom shake her head. "You know, sweetie, he can make anything grow—even lollipops on trees!" —Thalia Dunn

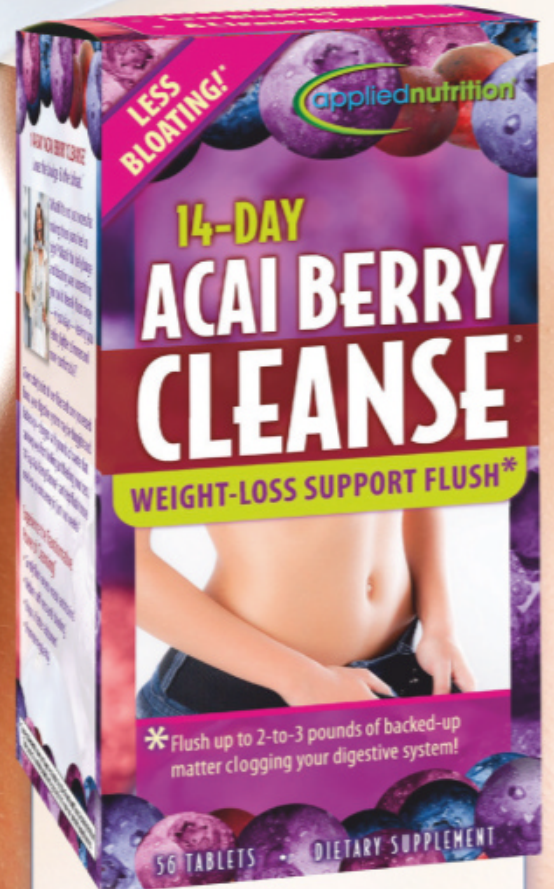


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dream escape

Relax and renew *on Aruba*

Beautiful serenity

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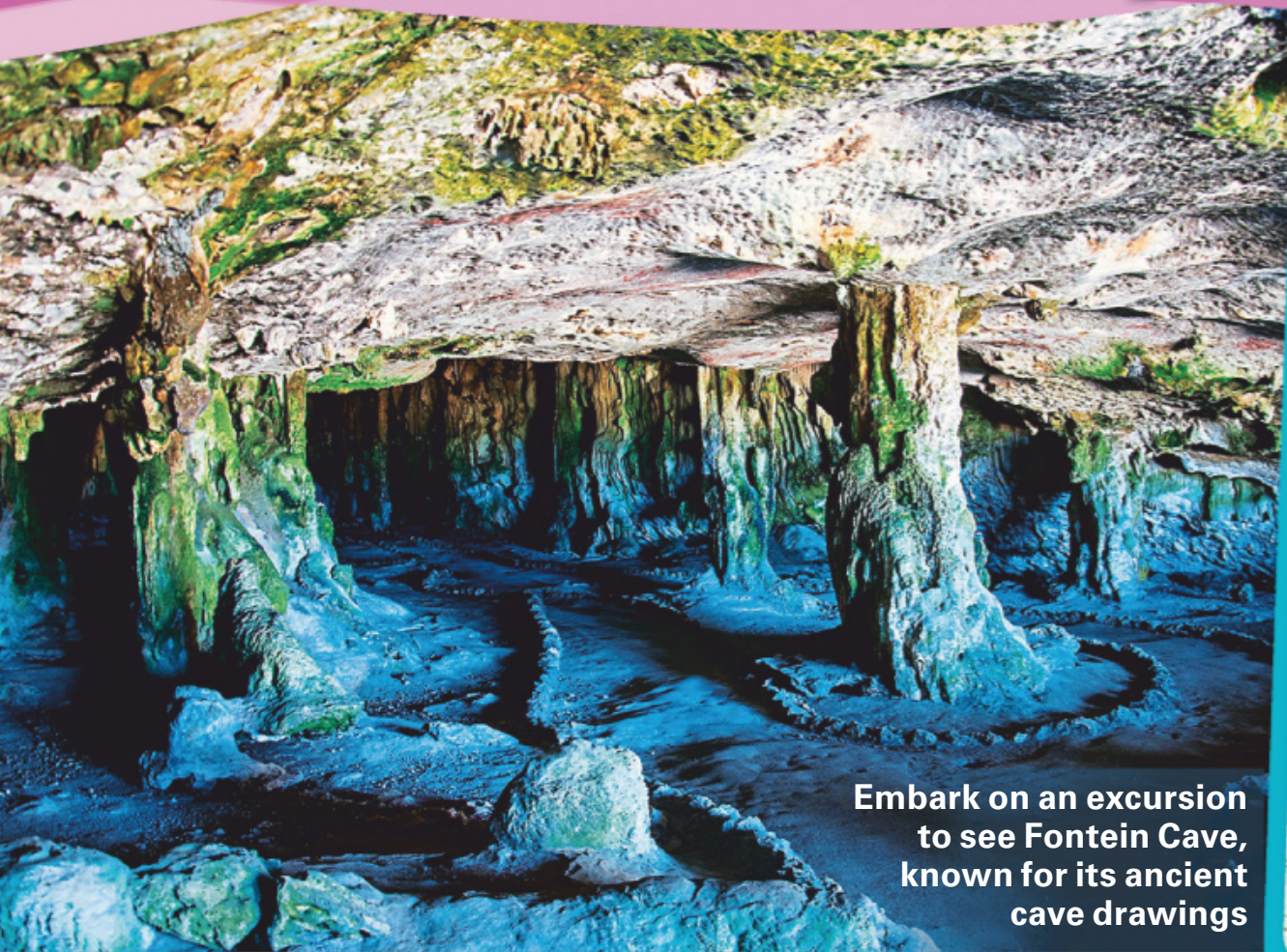
Admire the beautiful Dutch architecture found in the island's capital

Powder-soft sand, crystal-clear water and endless sunshine are what you'll discover on this heavenly oasis

Surrounded by the sparkling Caribbean Sea, the breathtaking island of Aruba lies just 15 miles north of Venezuela. Home to more than a dozen pristine beaches, beautiful Dutch architecture, perfect temperatures and a bustling capital, this 20-mile-long paradise has all the makings of a dream getaway.

Begin your day by soaking up the sun on Eagle Beach, an island favorite for locals and tourists alike. "This white sandy beach is perfect for walking, and I have collected some very pretty shells while strolling the shoreline," says a reviewer from Ohio. "The Divi trees at the top end of the beach are stunning and also worth a look. It really is a paradise!"

To admire the beauty of Aruba found *below* the waves, head to Arashi Beach, one of the best snorkeling spots in the Caribbean for discovering all kinds of marine creatures. ►



Embark on an excursion to see Fontein Cave, known for its ancient cave drawings



Get up close and personal with the flamingos at Flamingo Beach

“Amazingly clear water for snorkeling!” raves *julie b* on TripAdvisor.com. “We could see all the way to the bottom and had fun watching fish schooling around our feet!”

After you towel off, drive 15 minutes south to The Butterfly Farm (\$15 per adult, \$8 per child) where you can wander through the gardens to see breathtaking butterflies in every stage of life. “The Owl Butterflies are entertaining after they consume fermented fruit!” enthuses a reviewer from Texas. “And definitely try to go early in the morning. You’ll get to see butterflies hatch from their cocoons!”



Catch a glimpse of the beautiful hibiscus flowers that grow wild throughout the island

End your day with a stroll through Oranjestad, the island’s capital city. There you can shop for souvenirs like locally distilled rum and wood carvings, admire art at local galleries, dine on Caribbean fare and head to the local port for a view of the sunset.

Great day trip: *De Palm Island*

Hop on a ferry for the five-minute ride to neighboring De Palm Island. On this day-long, all-inclusive excursion (\$109 per adult, \$79 per child), you can enjoy beach activities like volleyball, have a blast at the water park featuring six slides, go zip-lining and even take salsa lessons. There’s also a breakfast and lunch buffet featuring local cuisine and grill favorites.

Don’t miss: *Food Truck Festival*

On April 26 and 27 at 5 PM, head to Plaza Daniel Leo in Oranjestad for the city’s annual Food Truck Festival. Enjoy live music as you sip on various craft beers and rum while tasting all of the best culinary treats that Aruba’s food trucks have to offer. ❄

Aruba *in a nutshell*

► Getting there

Grab your passport and fly into Queen Beatrix International Airport, then rent a car.

► Where to stay

For a stay away from the hustle and bustle, book a room at Arubiana Inn. Says a reviewer from Vermont, “Very quiet and cozy but still only a short walk to the beach.” Rates start at \$75.

► Where to eat

Savor Caribbean cuisine at Kamini’s Kitchen. Says *Stay309143* on TripAdvisor.com, “The curry shrimp is amazing!”



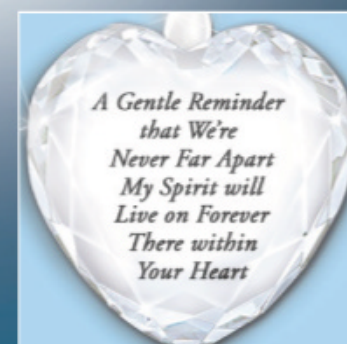
"Messenger from Heaven"

Crystal Pendant

Genuine White Topaz

•
Solid Sterling Silver

•
Includes Poem Card



Meaningful Message Featured on Reverse Side

Gracefully perched among the treetops, the red cardinal is a gentle reminder that a loved one is near. A comforting message of love, hope and encouragement when we need it the most, this precious visitor has been envisioned in a new jewelry creation—the "Messenger from Heaven" Crystal Pendant, available only from The Bradford Exchange.

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Expertly crafted with loving care, our pendant features an intricately-faceted crystal heart that celebrates the meaningful sighting of a cardinal. The exclusive imagery showcases the special messenger bird poised upon a branch in a vibrant shade of red. He's an everlasting reminder that we're never truly alone, and that loving encouragement will always arrive when we are in need. The reverse side of the crystal carries the touching message:

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*For information on sales tax you may owe to your state, go to bradfordexchange.com/use-tax

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Reservations will be accepted on a **first-come, first-served basis**. Respond as soon as possible to reserve your "Messenger from Heaven" Crystal Pendant.

*Plus a total of \$9.98 shipping and service (see bradfordexchange.com). Please allow 4-6 weeks for delivery of your jewelry after we receive your initial deposit. Sales subject to product availability and order acceptance.

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Mrs. Mr. Ms.

Name (Please Print Clearly)

Address

City

State

Zip

E-Mail (Optional)

01-26318-001-E97101

Unlock the power



"I'm kissing a stranger!"

DREAM: "In my dream, I kissed someone I've never met before! I don't even know what he looked like, but it was the best kiss I've ever had. I've been smiling all day. What could this mean?"

—Kim Lovitz, Grand Rapids, MI

WHAT IT'S TELLING YOU: "Each person in our dreams represents a different aspect of ourselves, which is why kissing a stranger suggests that you're in the process of discovering a more intimate, sensual aspect of *yourself*. In other words, your dream is awakening the passionate woman within you—and that can only be a gift to you and your partner! Allow yourself to revel in this feeling and meditate on the kiss, letting it lift you so high that soon you'll be kissing your worries goodbye!"

Don't remember your dreams?

Take a moment to notice which photo you're drawn to the most—the one you choose resonates the strongest with your subconscious. Then read the analysis of the dream that goes with that image to reveal useful insight.

Bestselling author and renowned dream expert **Kelly Sullivan Walden** decodes the dreams of four FIRST readers.

"I'm climbing so high!"

DREAM: "I dreamed I was climbing an increasingly steep cliff until it was 90 degrees, straight up, and I had to do a pull-up to get over the top, which was almost impossible!" —Margaret Jeeves, Aurora, CO

WHAT IT'S TELLING YOU: "Your ability to overcome a perilous situation in this dream makes me think it's showing you that you're more resourceful than you realize. A cliff often symbolizes goals that we may feel are out of reach. But in this case, you not only face a quite formidable challenge, you ace it! Take heart knowing that you're the type of person who can pull herself up by her bootstraps, even when confronted with a seemingly insurmountable obstacle. Focus on the emboldening, victorious feeling your subconscious is sending you and let it motivate you to climb any mountain, literal or figurative, that dares to stand in your way!"



of *your* dreams

Find the dream that rings a bell for you, then read on to tap into the transformative power of your subconscious



"I'm petting a leopard!"

DREAM: "I dreamed I was outside my house, with a leopard mother and her cub, feeling completely safe and comfortable. I kept thinking they were trying to teach me something, but I couldn't figure out what!" —Cindy D'Gennaro, Beckley, WV

WHAT IT'S TELLING YOU: "Calling to mind the expression, 'A leopard never changes its spots,' your dream is likely telling you that while you may be tempted to change in some way, you should always be true to yourself because the world needs the special contribution only *you* can make. I also believe this nurturing symbolism—represented by the leopard mother with her cub—mirrors the growing, striving part of you. Indeed, a dream that takes place outside your home is often a sign to go beyond your comfort zone and let your imagination run wild. I urge you to harness this empowering message and open the cage of self-doubt to emerge the unique, confident person you were born to be."

GETTY (3); SHUTTERSTOCK

"I can't move my feet!"

DREAM: "I keep having dreams that I'm trying to run away from something, but my legs are so heavy and my feet feel like they are frozen to the ground. I can barely move! What's going on?"

—Renata Decker, Ackerman, MS

WHAT IT'S TELLING YOU: "This dream may be alarming, but it wouldn't reveal itself to you if it didn't carry a solution—and I think it's prompting you to ask yourself if there is a situation making you feel powerless or weighed-down in your waking life. If so, rather than running from it, stand tall and hold your ground because your subconscious is helping you let go of fears that may be keeping you stuck. In fact, the next time you feel the slightest inkling that your intuition is saying 'yes' about something, just go for it—some of the most serendipitous moments happen once we've taken a leap of faith!"



Put **FIRST** to work for you!



Kelly Sullivan Walden has analyzed dreams for 20 years and is the author of seven bestselling dream books and two dream card decks including *The Hero's Journey Dream Oracle*. If you'd like Kelly to decode your dream, email her at Kelly@KellySullivanWalden.com.



win it!

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Calling all avid walkers! We're giving away one Bowflex BXT216—valued at \$1,799! Designed with motivation in mind, the treadmill has an innovative calorie-focused “Burn Rate” console to help you reach your fitness and weight-loss goals. It also has Bluetooth technology and a folding deck for easy storage. Visit our website for official rules and to enter.



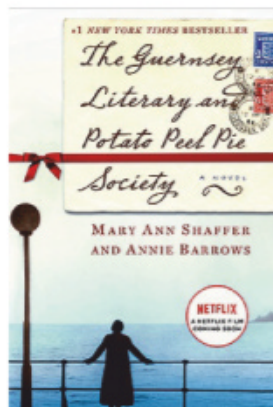
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you deserve a break

7 books we're

Historical fiction



The Guernsey Literary and Potato Peel Pie Society

by Mary Ann Shaffer and Annie Barrows
“After a day filled with emails, calls and texts, I longed

for an escape that was a little more... unplugged,” says Melissa D’Agnese, FIRST senior editor. “This novel, set in 1946, was just the ticket!” As London emerges from WWII, Juliet Ashton is researching her next book subject, but she never thought she would find it in a letter from a man she’s never met! As the two exchange notes, she’s drawn into this man’s circle and the world of his literature-loving pals who are part of a book group: The Guernsey Literary and Potato Peel Pie Society. Captivated by their stories, Juliet sets sail for Guernsey island and what she finds changes her life. Says Melissa: “Juliet’s journey was equally riveting *and* romantic—it stole my heart!” (Dial Press, 2009; Paperback \$15, Kindle \$13, Nook \$13)

Chick lit

I Owe You One

by Sophie Kinsella

“With a stressful week behind me, I wanted to curl up with a light read,” says Patty Bontekoe, FIRST executive editor. “So when I saw that Sophie Kinsella had a new rom-com out, I knew it would be the perfect book to boost my spirits!” Quirky, lovable Fixie Farr got her nickname because she just can’t stop “fixing” things—from a broken coffee machine to her sister’s marriage—but she pays no attention to her own needs. So when a handsome stranger in a coffee shop asks her to keep an eye on his laptop, and it comes close to being destroyed, she saves it. In return, he gives her an IOU—for anything in the world. “I found myself giggling out loud several times as I read this lighthearted book,” says Patty. “I was rooting for Fixie to do something for herself, and I finished the read feeling inspired—suddenly I had a pep in my step!” (Dial Press, 2019; Hardcover \$27, Kindle \$14, Nook \$14)



Memoir

Picnic in Provence: A Memoir with Recipes

by Elizabeth Bard

“When an unexpected car repair took a sledgehammer to my budget, I was forced to cancel plans for a girls’ trip that I was looking forward to,” shares Kristina Mastrocola, FIRST senior editor. “So I picked up this tantalizing memoir hoping it would bring my smile back—and boy did it!” On the verge of having her first child, American Elizabeth Bard and her husband move to a village in the South of France. Inspired by everything from the food markets to the ruby-red strawberries growing wild, she opens up an ice-cream shop. Describing Provence with poetic flair, Bard brings depth to her story, revealing moments when life is anything but a “picnic,” as she finds herself at a crossroads. Raves Kristina, “This recipe-filled book taught me that with a little work—and a few fresh ingredients—new beginnings are always possible.” (Back Bay, 2016; Paperback \$16, Kindle \$10, Nook \$10)

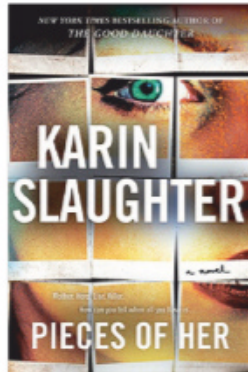


loving now

Mystery

Pieces of Her by Karin Slaughter

"Last weekend, I was in the airport, and I needed something to help pass the time," says Lauren Gatcombe, FIRST associate editor. "So I downloaded this book and dove in!" Thirty-one-year-old Andrea Cooper knows everything about her mom, Laura: She's spent her life in a small town and has never wanted more. But when a day at the mall turns violent, Laura steps in to help and reveals a new side to herself. What follows is a string of secret identities and questions that ask: How well do we know anyone? Says Lauren, "I had to know who Laura *really* was—it made my layover zip by!" (William Morrow, 2018; Hardcover \$28, Kindle \$11, Nook \$11)

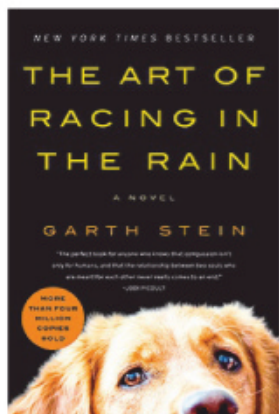


Fiction

The Art of Racing in the Rain

by Garth Stein

"I was feeling a bit lonely and this cute cover drew me in," says Victoria Conn, FIRST editorial assistant. "But it was the story that brought me joy from page one!" Told from the point of view of a dog named Enzo, this uplifting tale follows the canine's efforts to hold his family together amid a custody battle. "It made me laugh and cry, and it's the type of book that stays with you long after you've finished because of its loving message," says Victoria. "Plus, it reminded me why pets are so special!" (Harper Collins, 2008; Paperback \$16, Kindle \$12, Nook \$12)



Sci-fi

Leviathan Wakes

by James S. A. Corey

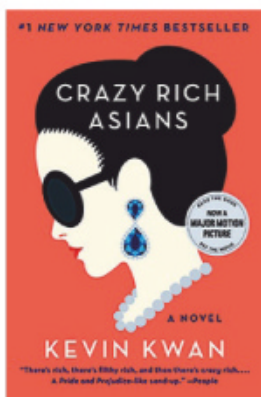
"When the anger and divisiveness on the news start to get to me, I grab a good sci-fi book and 'blast off' to another world," says Carey Ostergard, FIRST executive editor. Two hundred years after humans colonize space, a reluctant ship's captain and washed-up detective team up to uncover the secrets of a missing girl. What they discover brings the solar system to the brink of civil war and exposes the greatest threat in human history. "It was the escape I needed to reset," says Carey. "And it helped me see how fortunate we really are!" (Orbit, 2011; Paperback \$17, Kindle \$10, Nook \$10)



Romantic comedy

Crazy Rich Asians by Kevin Kwan

"I found myself feeling *blah* after a not-so-great day recently," says Danielle Saliman, FIRST beauty director. "I grabbed this read about romance and family for a fun lift!" Professor Rachel Chu is traveling with her boyfriend, Nicholas Young, back to his home city of Singapore for his friend's wedding—and so she can meet his family for the first time. What follows is a meddling mother, rich relatives and a shocking truth that may derail her future with Nick. Says Danielle, "It was a glamorous escape—I cannot wait to watch the movie!" (Anchor, 2014; Paperback \$16, Kindle \$10, Nook \$10)



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Mistaken identity

Wrong house whoops!

"A co-worker friend of mine, Nina, was six months pregnant when her sister decided to throw her a surprise baby shower. The invitation insisted that we arrive promptly at the host's house and 'Come on in,' so I gave myself plenty of time to get there.

"Yet 45 minutes of squinting at street signs later, I still couldn't find it—until I spotted a house with balloons outside. With minutes to make it in before she arrived, I grabbed my gift and hustled through the door. No Nina in sight, I placed it on the table and breathed a sigh of relief for having made it on time.

"Suddenly, a woman came over to introduce herself. I asked if she was Nina's mother, which is when she politely informed me that she didn't know anyone by that name. 'Wait: isn't this a baby shower?' I asked. She shook her head, explaining that no, *this* was actually her retirement party. Mortified for having crashed the wrong event, I apologized and grabbed my gift while the kind lady offered me some scones to take to the right party. I finally found Nina's shower a block over, and presented her with my gift, pastries and my excuse for being late, which, after a fit of laughter, she assured me was the best gift of all."

—Becky Foster, 54, Kansas City, KS

4 stories that will tickle your funny bone

Pets gone wild

Very wayward cottontail

"While my in-laws were staying with us over Easter, it just so happened that we had another special guest, as well: Buster, the class bunny from my daughter, Emily's, school. Unbeknownst to us, she had signed our family up to host him over the long weekend, much to my dismay.

"Admittedly, Buster was cute, and he liked to hop up and sit in your lap to cuddle. The kids kept letting him out of his cage to wander the house, which seemed fine until the fated 'incident' with my mother-in-law.

"Apparently, Buster had grown fond of wedging himself behind the

guest toilet on his daily jaunts, where he lay unnoticed by my mother-in-law as she entered.

"Seconds later, I heard her cry, 'Get this thing off me!' I knocked on the door, but when all that answered were the sounds of a muffled struggle, I burst in to find her, red-faced on the throne with an unfazed Buster, staunchly seated atop her legs. I don't know who was more embarrassed as I plucked up the 12-pound ball of fur, but I couldn't help but giggle when I told Emily, who looked at the bunny, tsked and said simply, 'Silly wabbit!'"

—Lisa Eubanks, 50, Memphis, TN



Hormone havoc

The secret ingredient

"No one ever told me that besides the hot flashes and mood swings, another crazy symptom that menopause would throw my way was sudden changes in my eyesight. But I learned it the hard way as I was preparing Easter dinner.

"It was a madhouse that day, and I was doing a million things at once as I started my final dish: grandma's gravy. Between mixing butter into the mashed potatoes and sprinkling marshmallows on the yams, I hurriedly opened the cupboard and reached for my trusty bottle of Gravy Master.

"A few minutes later, I set the last dish on the table, feeling proud of myself for having pulled the meal together in time. My pride was short lived, however, because suddenly my brother-in-law cleared his throat and choked out, 'Wow, Sarah...this sure is a new take on gravy!'

"I wasn't sure what he meant at first, since I'd hardly had time to fill my own plate, so I slipped my clean spoon into the gravy bowl and tasted it. I nearly gagged when I realized that thanks to my fuzzy eyesight, I'd grabbed the vanilla instead of the Gravy Master—and I'd been pretty generous with it too.

"My cheeks flamed as I swept it away from the table while everyone had a good laugh. But my brother-in-law, of course, has never let me forget it. Now, whenever he joins us for a meal, if gravy is on the menu, I put the bottle of vanilla at his place, just in case he wants to add a little."

—Sarah Pate, 63, Ovid, MI



Lord have mercy

Easter service uh-oh

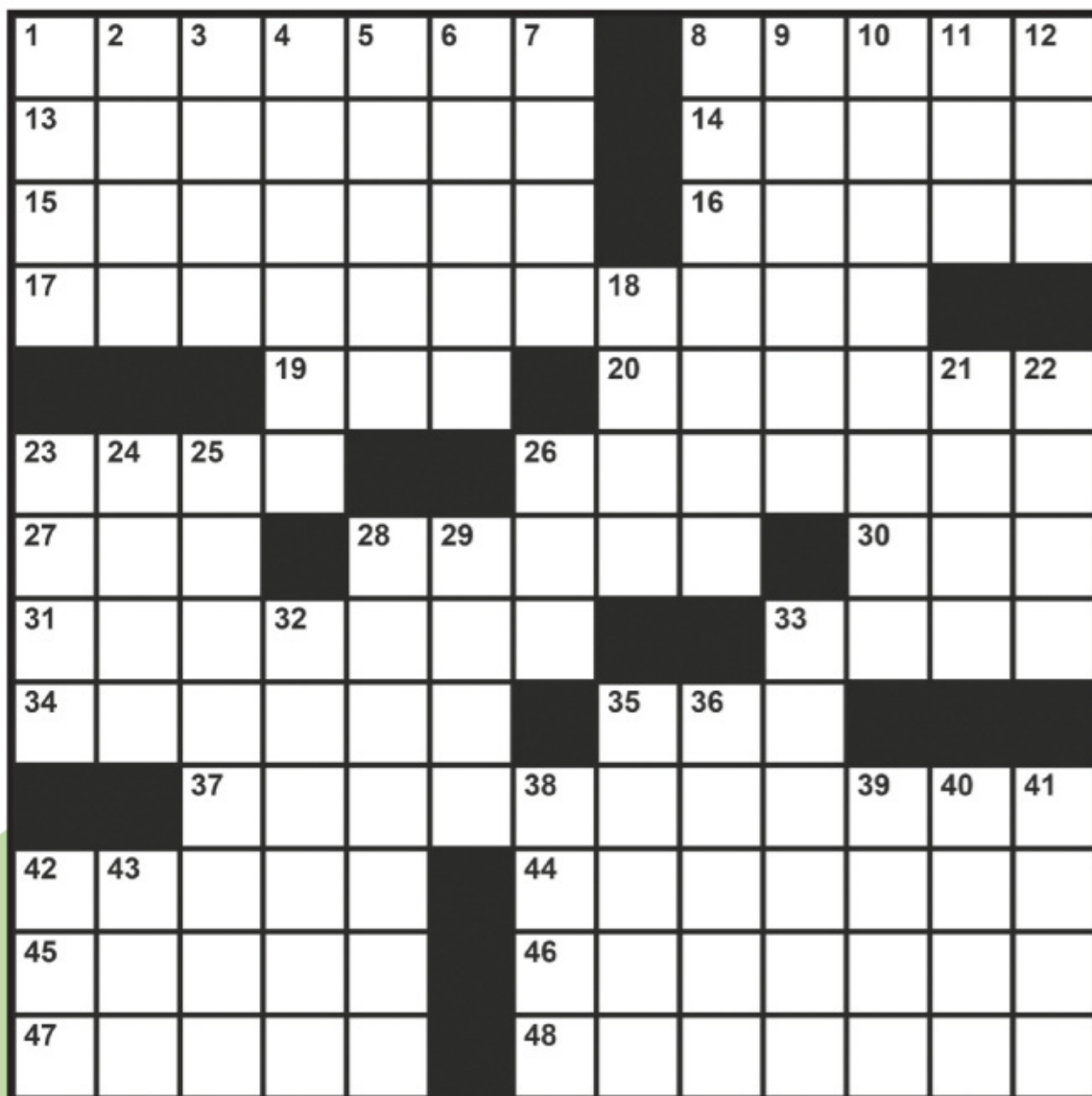
"We were late getting to church on Easter Sunday because my daughter Lucy, who is 3 going on 30, insisted on dressing herself. She was so excited to wear her new Easter ensemble, which included everything from gloves to a matching white purse. Of course, it took her forever to get dressed, and every bit of restraint I could muster to not just step in to speed up the process, but as anyone who has ever met a toddler knows, you don't want to set them off before trying to get anywhere on time.

"For our usual service, we weren't actually that late, but since it was Easter Sunday, the church was packed to the rafters when we arrived 10 minutes after the bells chimed. Of course, we had to walk down to the front row, my husband and I trailing Lucy, who walked beside her grandpa, twirling her purse at lightning speed. But as we reached our pew, the worst happened: The purse chain snapped, and like a heat-seeking missile, sailed up onto the dais and smacked the minister right in the face.

"Pastor Pat was completely stunned, and in the seconds that followed, the entire congregation seemed to be holding their breath. Of course, Lucy burst into tears about her beloved handbag. As her grandpa soothed her, I ran up, grabbed the weaponized accessory and apologized before slinking back to our pew. Luckily, Pastor Pat had a sense of humor and said, 'It's all right, Marissa—it's not often I get to demonstrate firsthand how to turn the other cheek.'" —Marissa Burke, 39, Aberdeen, SD



Crossword



37
ACROSS



22
DOWN



23
DOWN

ACROSS

- 1 Unscripted television genre
8 Out of patience
13 Nation of the Balkans
14 Make smile
15 Desktop problem
16 *Ghosts* playwright Henrik
17 Leonardo DiCaprio's costar in *Titanic* and *Revolutionary Road*
19 Chaney of horror films
20 Choice morsel
23 Shrewd
26 Kind of deprivation or overload
27 Dirt chopper
28 Banjo sound
30 "This means ____!"
31 Hop on the subway
33 Wrist bone
34 Snappy comeback
35 Co. with a butterfly logo
37 He played P.T. Barnum in 2017's *The Greatest Showman*
42 Witherspoon of HBO's *Big Little Lies*
44 National anthem up north
45 Everglades bird
46 Royal seats
47 Old word for female students
48 Most out of shape

DOWN

- 1 Spice holder
2 Jazz singer Fitzgerald
3 Share a border
4 "What have you done for me ____?"
5 Split down the middle
6 Be relevant
7 Plaything for a kitten
8 Going belly up
9 Encloses tightly
10 *The Grapes of Wrath* setting
11 Put into action
12 Montblanc or BIC, e.g.
18 British carbine
21 Tehran's nation
22 Banks, host of NBC's *America's Got Talent*
23 "If I Could Turn Back Time" singer
24 Top drawer
25 Arrive
26 ____ Diego
28 Dartboards, e.g.
29 On the side of
32 Stirred up
33 Disentangle
35 Village People's "____ Man"
36 Gobble (down)
38 Writes quickly
39 Lion's locks
40 Fruity drinks
41 Political cartoonist Thomas
42 Kind of center
43 I problem

Spot the difference



There are six differences between the two photos above of **Chris Pratt** and **Tiffany Haddish**, who have voice roles in *The Lego Movie 2*, posing on the red carpet with **Emmet**, Pratt's character. See if you can find them all!

Word search

K	S	A	O	J	M	D	A	A	N	S	I	S	J	D	O	O	E
P	L	Z	I	L	J	R	F	H	X	L	U	T	I	C	L	A	
S	Z	L	M	A	L	B	L	U	E	I	R	I	S	H	K	F	E
L	F	O	R	T	I	H	Z	C	P	H	B	C	A	C	T	S	J
W	S	E	L	E	V	C	Z	H	M	C	L	X	U	R	I	B	U
A	M	Q	K	L	I	E	T	S	B	E	M	S	U	O	G	F	G
E	F	Z	Q	O	N	R	L	I	S	V	Y	E	U	T	U	R	M
C	S	T	O	I	G	U	E	A	D	E	R	Q	M	N	P	C	R
Y	R	R	P	V	C	L	V	R	N	E	R	V	J	A	L	F	A
C	P	A	M	A	O	E	R	O	D	U	X	R	X	I	E	T	L
J	L	U	W	R	R	A	H	S	T	G	F	P	T	D	J	I	L
H	J	Q	N	T	A	N	G	E	R	I	N	E	T	A	N	G	O
M	W	E	E	L	L	B	U	Y	R	E	N	E	E	R	G	E	D
O	W	S	Y	U	E	L	T	U	R	Q	U	O	I	S	E	R	D
U	T	O	P	H	B	U	Y	K	S	A	U	Q	A	A	U	L	N
W	M	R	E	P	P	E	P	I	L	I	H	C	N	V	D	I	A
A	L	A	S	R	A	M	K	Z	M	X	X	V	D	M	O	L	S
O	T	X	C	F	V	G	W	S	S	E	R	E	N	I	T	Y	G

Pantone colors of the year (2000–2019)



- | | |
|----------------|----------------------|
| Cerulean Blue | Turquoise |
| Fuchsia Rose | Honeysuckle |
| True Red | Tangerine Tango |
| Aqua Sky | Emerald |
| Tigerlily | Radiant Orchid |
| Blue Turquoise | Marsala |
| Sand Dollar | Rose Quartz/Serenity |
| Chili Pepper | Greenery |
| Blue Iris | Ultra Violet |
| Mimosa | Living Coral |

Words and phrases can appear horizontally, vertically, diagonally, backward or forward and can overlap.
 For solutions, turn to page 116.



Sudoku

7	6	4			1			9
			7					4
	5						3	
		6	1		2		5	
5	1						4	7
	8		9		4	6		
	3						7	
6					7			
8			3			2	9	6

Complete the grid so that every row, column and 3 x 3 box contains the digits 1 through 9. Digits cannot repeat within the same row, column or box. For solution, turn to page 116.

Smile file

★ CAPTION CONTEST WINNER



"It's 5 o'clock somewhere!"
—Lyn Norton

Photo submitted by Maurine Valentine, Normandy Park, WA

Our walk of shame...



SIGN OF THE TIMES

Going back for a shopping cart after realizing we can't carry 19 items

Make us laugh—and win \$100!



“ _____ ”

Send your funny caption for the photo above to Caption Contest, First for Women, 270 Sylvan Avenue, Englewood Cliffs, NJ 07632, or email laugh@firstforwomen.com. The winner gets \$100, and the caption will appear in an upcoming issue! *If more than one entry contains the same winning caption, the contest winner will be chosen at random from that batch.



taurus

(Apr. 20–May 20)

Go ahead and pitch off-the-cuff creative ideas from March 31 to May 15—it's sure to earn you praise from higher-ups! Taking some "me time" for self-reflection can have you feeling more energized and vital around April 5, when the new moon is in your twelfth house of spirituality.



virgo

(Aug. 23–Sept. 22)

A burst of energy fills you with the can-do to take on an exciting project from March 31 to May 15. When communicator Mercury meets up with dreamy Neptune in your seventh house of partnership around April 2, sharing fantasies with your mate sets the stage for romance.



capricorn

(Dec. 22–Jan. 19)

Finding ways to sneak more activity into your days (think lunchtime walks) will have you feeling more vibrant from March 31 to May 15. Around April 5, when the new moon is in your fourth house of intimate affairs, spending quality time with loved ones will warm your heart and soul.



gemini

(May 21–June 20)

It'll be easier than ever to go after your ambitious wellness goal, thanks to go-getter Mars in your sign from March 31 to May 15. Set your vision and you'll make it real! From April 10 to August 11, reflecting on your deepest partnership desires can lead to fulfillment.



libra

(Sept. 23–Oct. 22)

Getting out of your comfort zone and learning new skills boosts your fitness routine from March 31 to May 15. When the new moon is in your seventh house of partnership around April 5, share a big-picture goal with your mate—together, you can create a take-charge plan for getting there!



aquarius

(Jan. 20–Feb. 18)

Waiting for clarity before making any money decisions will prove financially smart around April 2, when communicator Mercury and mystical Neptune meet up in your second house of income. Around April 5, a heart-to-heart with a loved one leaves you feeling empowered.



cancer

(June 21–July 22)

Daydreams about a long-distance trip fill your head around April 2—considering how you can make it a reality can be restorative for your soul. You'll be inspired to make bold moves for more job responsibilities around April 5, when the new moon is in your tenth house of career. You've got this!



scorpio

(Oct. 23–Nov. 21)

Enjoying a spontaneous date night with your mate around April 10 feels like a dream. While lucky Jupiter is retrograde in your second house of income from April 10 to August 11, reflect on how you can hone your passion to hit financial goals—you'll have a winning plan!



pisces

(Feb. 19–Mar. 20)

Your career comes into sharp focus as you take steps toward a new goal around April 5. Go for it! When romantic Venus pairs up with mystical Neptune in your sign around April 10, sharing your heartfelt desires with your mate comes naturally, and has you falling in love all over again.



leo

(July 23–Aug. 22)

Honing your skill set helps you move up the career ladder around April 5, when the new moon is in your ninth house of higher education. Think outside the box around April 10, when enjoying a new activity with your mate can make for magic and romance.



sagittarius

(Nov. 22–Dec. 21)

Enjoying a flirtatious one-on-one with your mate sends sparks flying around April 5. You'll be drawn to activities that fill you with confidence from April 10 to August 11, while lucky Jupiter is retrograde in your sign. Learning more about what lights you up boosts your wellness.



aries

(Mar. 21–Apr. 19)

Discussing wellness goals with loved ones has you feeling fired up from March 31 to May 15. Around April 5, when the new moon is in your sign, it's time to get serious about turning a big-picture dream into a reality. Making even small moves now sets you up for a win.

handy answers

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Relax & play SOLUTIONS pages 112-114

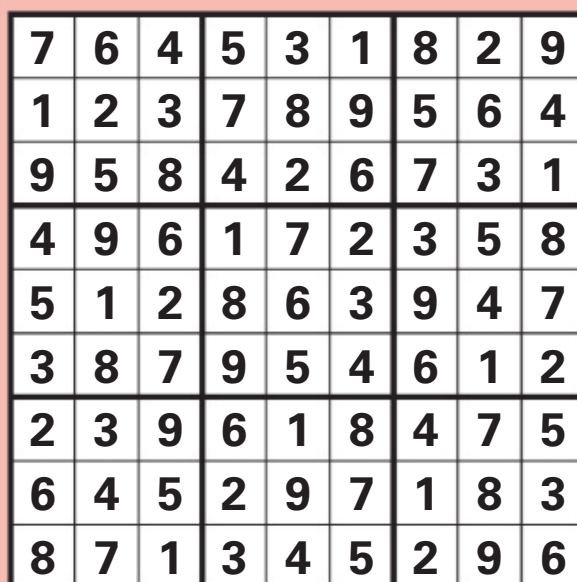
Crossword



Word search



Sudoku



Spot the difference



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for women
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Pain and Aging?



**Just Ask
Christina.**

Christina Walker
Chief Science Researcher

SCIATICA BACK PAIN?

Are radiating pains down the back of your leg, or pain in your lower back or buttocks making it uncomfortable to sit, walk or sleep? Millions are suffering unnecessarily because they are not aware of this proven treatment.

MagniLife® Leg & Back Pain Relief combines four active ingredients, such as Colocynthis to relieve burning pains and tingling sensations. Although this product is not intended to treat sciatica, it can help with the painful symptoms. *"I am absolutely amazed at how it works and how fast it works."* - T Martin. Tablets dissolve under the tongue and do not interfere with other medications.

MagniLife® Leg & Back Pain Relief is **sold at Walgreens, CVS/pharmacy, Rite Aid, Walmart and Amazon.** Order risk free for \$19.99 (\$5.95 S&H) for 125 tablets per bottle. **Get a FREE bottle** when you order two for \$39.98 (\$5.95 S&H). Send payment to: MagniLife S-FW4, PO Box 6789, McKinney, TX 75071 or call 1-800-265-9046. Money back guarantee. Order now at **www.LegBackPain.com**

STABBING FOOT PAIN?

Do you suffer from burning, tingling, or stabbing foot pain? You should know help is available. 20 million Americans suffer from these symptoms and put up with the pain, because they are not aware of this proven treatment.

MagniLife® Pain Relieving Foot Cream contains Gnaphalium to relieve pain, while natural moisturizers restore cracked, damaged, and itchy skin. *"It's the ONLY product that helps relieve the burning, and tingling feeling in my feet!"* - Mable NY.

MagniLife® Pain Relieving Foot Cream is **available at Walgreens, CVS/pharmacy, Rite Aid, Target, Walmart and Amazon,** located in the footcare and diabetes sections. Order risk free for \$19.99 (\$5.95 S&H) for a 4 oz jar. Get a **FREE jar** when you order two for \$39.98 (\$5.95 S&H). Send payment to:

MagniLife NC-FW4, PO Box 6789, McKinney, TX 75071 or call 1-800-265-9046. Money back guarantee. Order now at **www.MDFootCream.com.**

Also find MagniLife® Antifungal Foot Cream and Diabetics' Dry Skin Relief in the diabetes section at Walgreens and Rite Aid.

UNPLEASANT SENSATIONS?

Are you having trouble sleeping due to unpleasant sensations in your legs, which make it difficult to stay still? You should know about a proven treatment that calms and relaxes the legs so you can rest comfortably.

MagniLife® Relaxing Leg Cream contains vitamins and minerals that quickly absorb to relieve those aggravating symptoms. *"You can imagine my surprise and delight when my legs kept still that very first night, and now every night since!"* - Dawn, VT.

MagniLife® Relaxing Leg Cream is **sold at Walgreens, CVS, Rite Aid, Kroger, Walmart and Amazon.** Order risk free for \$19.99 +\$5.95 S&H. Get a **FREE jar** when you order two for \$39.98 +\$9.95 S&H. Send payment to: MagniLife RC-FW4, PO Box 6789, McKinney, TX 75071, or call 1-800-265-9046. Money back guarantee. Order at **www.RLScream.com**

FIBROMYALGIA PAIN?

Are you one of 16 million people suffering from deep muscle pain and tenderness, joint stiffness, difficulty sleeping, or the feeling of little or no energy? You should know relief is available.

MagniLife® Pain & Fatigue Relief combines 11 active ingredients to relieve deep muscle pain and soreness, arthritis pain, aching joints, and back and neck pain. Although this product is not intended to treat fibromyalgia, it can help with the pain and fatigue caused by fibromyalgia. *"These tablets have just been WONDERFUL. I'd recommend them to anyone and everyone!"* - Debra, WV.

MagniLife® Pain & Fatigue Relief is sold at **CVS/pharmacy, Rite Aid Pharmacy and Amazon.** Order risk free for \$19.99 +\$5.95 S&H for 125 tablets per bottle. **Get a FREE bottle** when you order two for \$39.98 +\$5.95 S&H. Send payment to: MagniLife F-FW4, PO Box 6789, McKinney, TX 75071 or call 1-800-265-9046. Satisfaction guaranteed. Order now at **www.PainFatigue.com**

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- ✓ Shooting
- ✓ Stabbing Pains

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For relief of muscle pain, cramping, and stiffness

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- ✓ Back
- ✓ Hips
- ✓ Joints

125 Dissolving Tablets

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cute

Drink up!

Botswana, Africa—Like mother, like daughter! This sweet elephant calf and her mom were crossing the Chobe River to rejoin the rest of the herd when the pair got thirsty. When Mama dunked her trunk to get a mouthful of water, her curious tot also decided to give it a try.

5 stories that will make you smile



adorable

Nature's perfume

Bellevaux, France—The sweet smells of spring are enough to make anyone giddy—including this tiny mouse! The little critter had been crossing through a sun-kissed meadow when the sight of one of the purple wildflowers caught his eye. He scurried over to the bloom and appeared enchanted by its heavenly scent. The mouse loved it so much, in fact, he decided to take the flower with him on his journey!

SOLENT NEWS (3); GETTY; COURTESY OF BINDER PARK ZOO. TEXT: SHAY TROTTER

playful

Best buddies

Beijing, China—This adorable white tiger cub and golden retriever puppy at the Beijing Wildlife Park prove that dogs and cats really can be friends! The boisterous cub and her siblings are being cared for by a canine surrogate mother, who has a litter of her own pups. Despite their differences, these unconventional dog and tiger “siblings” love to wrestle, play and even snuggle at night.



silly

Leaping for joy

Woburn, MA—When a swarm of tasty bugs flew over the pond, this mallard duckling couldn't contain his excitement. Unable to resist the appetizing flies, the cutie launched himself out of the water toward his target. After he snatched a delicious snack for himself, he was more than happy to catch a few more for his siblings.

precious

Welcome to the world, cutie!

Battle Creek, MI—Visitors to Binder Park Zoo can't get enough of this little ball of fluff named Oolong. The sweet red panda cub may be on the small side, but staffers say he certainly has a big personality! Red pandas are often shy, yet Oolong has been described as rambunctious and playful and loves exploring his surroundings. As if his adventurous nature weren't adorable enough, this sweetie is also quite vocal, squeaking and snorting whenever keepers come by to give him an extra dose of TLC.





last laugh



"Is there a holiday we don't celebrate?"

Photo submitted by
Lisa Clowers, Hinton, WV

SMILE FILE

"A new survey found that 81% of parents admit to stealing Easter candy from their children. While the other 19% of parents don't think it counts as stealing if you bought the candy in the first place." —Jimmy Fallon

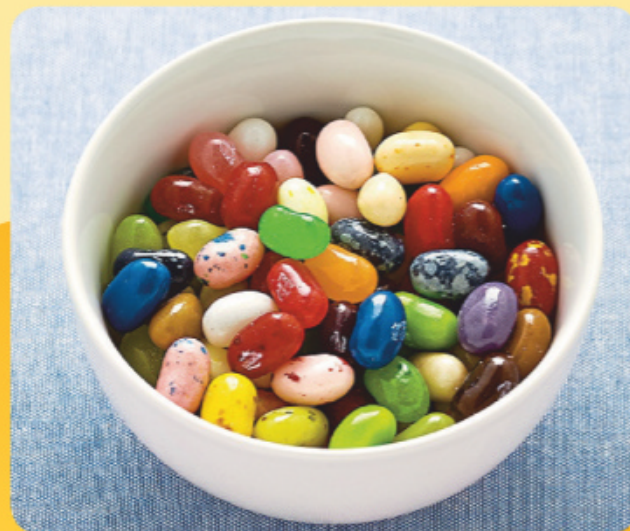
"You guys better not be laying eggs back there—unless they're chocolate!"



THAT'S LIFE!



The Easter dessert we plan to prepare



The Easter dessert we have time to prepare

Things kids say

FILL'ER UP

I wanted to get as many photos as I could of our kids at our neighborhood Easter egg hunt. Unfortunately, it wasn't long before I noticed my battery was draining. Just then my 4-year-old son, Timmy, said, **"Oh no, Mommy! Did your phone run out of apple juice again?"**

—Susanna Cline, Memphis, Tennessee

We want to hear from YOU!

Have a funny photo you'd like to share with other readers? Send it to Last Laugh, *First for Women*, 270 Sylvan Avenue, Englewood Cliffs, NJ 07632, or email laugh@firstforwomen.com. If your photo is selected, we'll pay you \$100!

SHAKE UP SPRING WEIGHT LOSS

Who says losing weight can't be delicious?

With this mint chocolate chip smoothie recipe, your taste buds will be celebrating! It's the fresh way to swing into spring. Start following the SlimFast Plan today and see results in just 1 week.[†]

This delicious recipe calls for SlimFast Advanced Vanilla Cream Smoothie Mix, however, you can choose any of our vanilla mixes and blend it your way!



Mint Chocolate Chip Smoothie

INGREDIENTS:

- | | |
|--|---------------------------------|
| 1 scoop SlimFast Advanced Vanilla Cream Smoothie Mix | 1/4 cup fat free cottage cheese |
| 1/2 tsp zero-calorie sweetener | 1/4 tbsp peppermint extract |
| 1/2 tsp dark chocolate baking chips | 4 drops green food coloring |
| 1 cup unsweetened almond milk | 1 cup ice cubes (about 6 or 7) |

Process all ingredients in blender until smooth & enjoy!

215 Calories	21g Protein	Meal Replacement*
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To get more amazing, free recipes like this delivered straight to your inbox, text us today!

get free recipes
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[†] When used as part of the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids). Individual results may vary. Average weight lost 1-2 lbs per week. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet. *When prepared as recommended on the label, SlimFast Advanced Nutrition meal replacement smoothies contain 180-200 calories. Additions to smoothies will adjust calorie content and nutritional values. ^Message and data rates may apply. For the SlimFast privacy policy go to slimfast.com/privacy-policy. For terms and conditions go to slimfast.com/legal. © 2019 SlimFast®.